OUR GUIDE TO BOXING.

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AN EXHAUSTIVE EXPOSITION OF THE NOBLE ART OF SELF-DEFENCE.

BY SOME OF OUR CHIEF LONDON EXPERTS.

PRINTED & PUBLISHED AT CAXTON HOUSE, LONDON, E.C.

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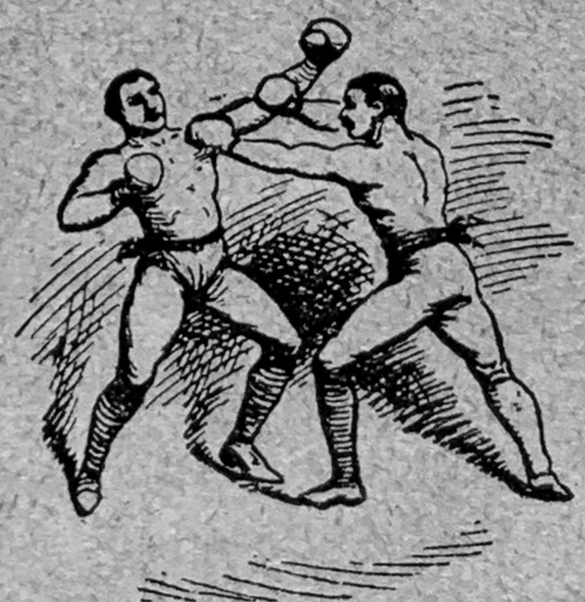

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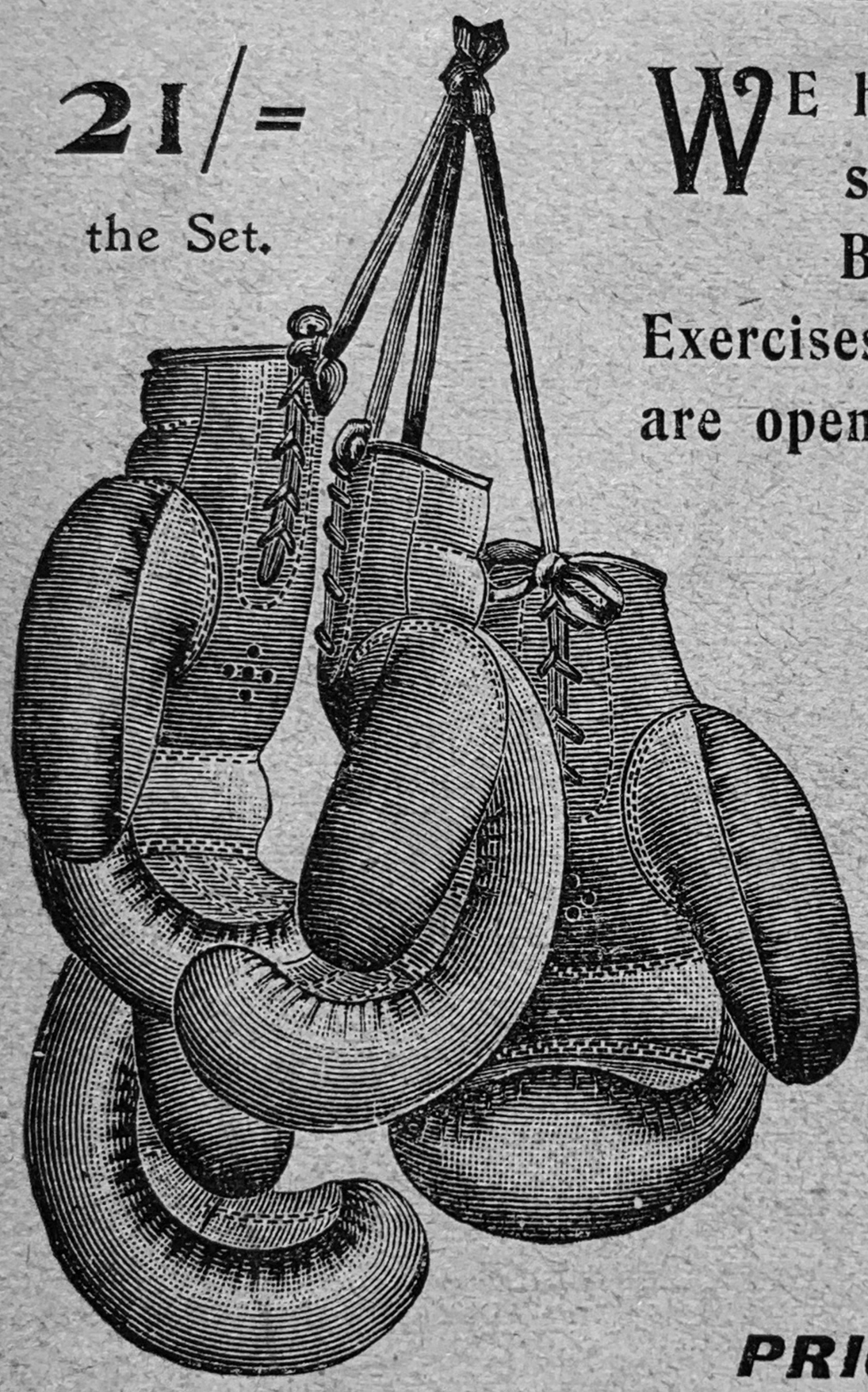

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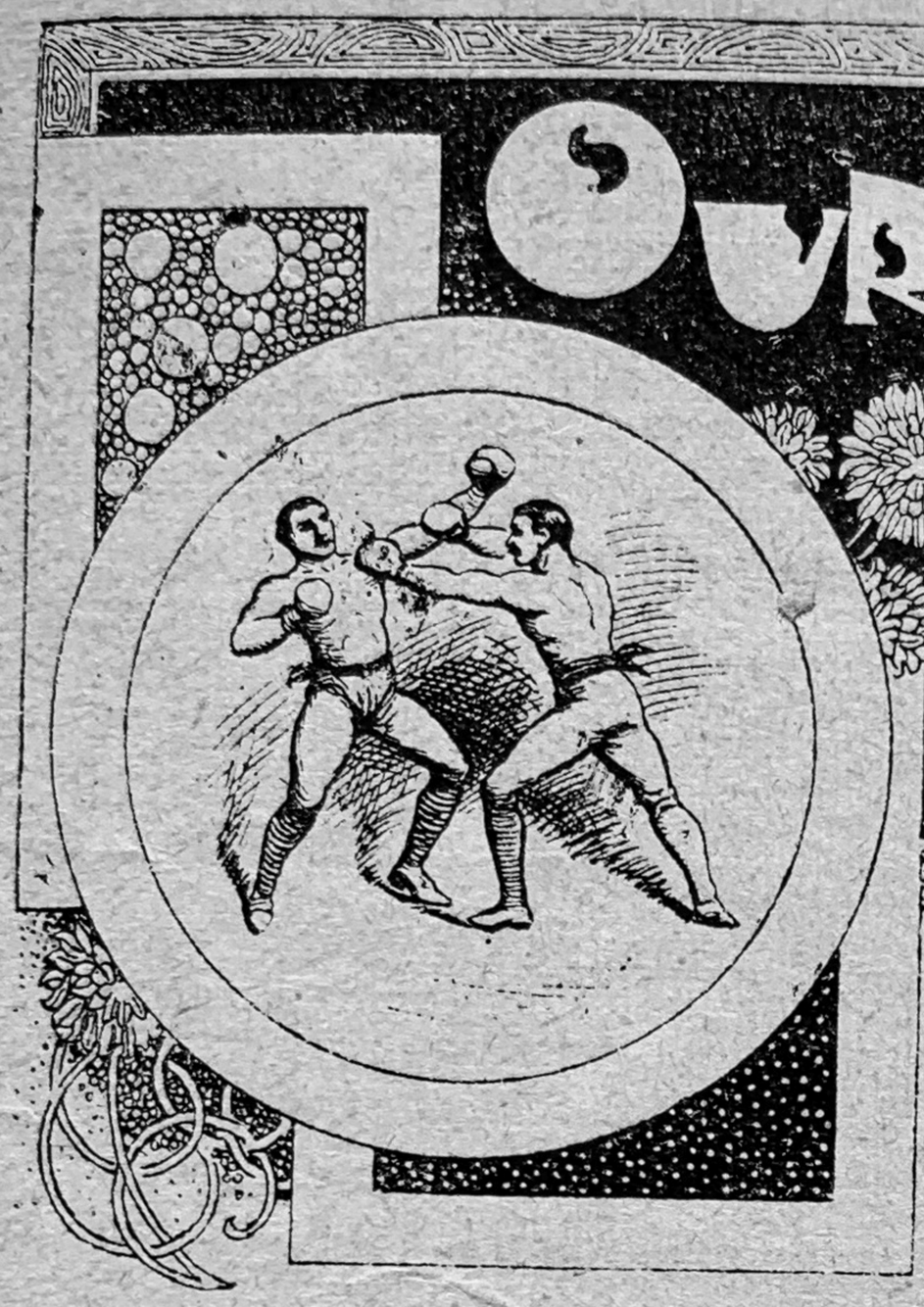


OUR GUIDE TO BOXING

AN
EXHAUSTIVE EXPOSITION
OF THE
NOBLE ART OF
SELF-DEFENCE.

By SOME OF OUR CHIEF LONDON EXPERTS.

Introduction.

Of the many manly exercises indulged in by the Anglo-Saxon race—which is, without doubt, the most sport-loving of any—boxing, or the noble art of self-defence, as it is generally termed by the old writers on the subject, holds a very prominent place. Of late years its popularity has increased by leaps and bounds, so much so, in fact, that at the present time there is hardly a town where the English tongue is spoken that does not boast its boxing club. It may be that the edifice devoted to the sport is imposing in appearance, and aristocratic in its connections, or extremely humble in both respects; but whether it is patronised by the peer or the plebeian it is equally popular with all.

The great strides in the public favour which the sport has made, however, of late years has, I am sorry to say, had the effect of somewhat lowering the standard of efficiency, and it is, unfortunately, an all too common sight nowadays to see a couple of lads pounding away at one

another, regardless of even the first principles of the art they are practising.

This is equally true with both amateur and professional, though it is undoubtedly more marked in the latter than in the former. The average professional boxer, as a rule, picks up his knowledge of the noble art in the streets; he has a few rough-and-tumble fights, wins a fair proportion of them, and then, elated at his success, dons the gloves, and enters a professional competition. If he is lucky—and it is astonishing how frequently Dame Fortune favours the last newcomer—he wins, and at once blossoms out into a fully-fledged pro., and a potential champion at his weight. Now, the probabilities are that the lad has during his short experience at the game fallen into a bad style, and adopted a number of tricks which are altogether opposed to scientific boxing. As a rule, the person who seconds him in his bout is absolutely incompetent for the task, being only one degree less ignorant than himself, and unless he has some friend with a thorough knowledge of the game to assist and advise him, he joins the ever-increasing number of mediocre performers who go to make up the professional boxing army.

Of course, now and then a lad comes forward with a natural genius for boxing, and quickly forces himself to the front; but, alas! Plimmers, Palmers, Baxters, and Burges do not grow on every bush, and when men of that stamp retire from active ring-work we are left stranded.

With the amateur matters are slightly—but only very slightly—better. The high-class clubs, of course, have a skilled professional to instruct the members; but they—the skilled professors—are few and far between. Besides, it is not always the cleverest boxer who makes the best teacher. I have known instances of a man in the champion class being absolutely useless as an instructor, by reason of his not possessing the art of imparting his knowledge to other people. Then, again, the instructors at some clubs are worse than useless, by reason of their absolute ignorance. A

man has attained a certain amount of celebrity by reason of his strength and power of endurance, and has, maybe, beaten a really clever exponent of the noble art in a match for a big stake, and on the strength of that performance he has been appointed an instructor at a club. Now, what possible use can such a man be? He knows nothing whatever about the finer points of the game, and turns out nothing but wild, slogging fighters—men who, directly they run up against a fairly clever and moderately strong opponent, collapse like a sand-castle before the incoming tide.

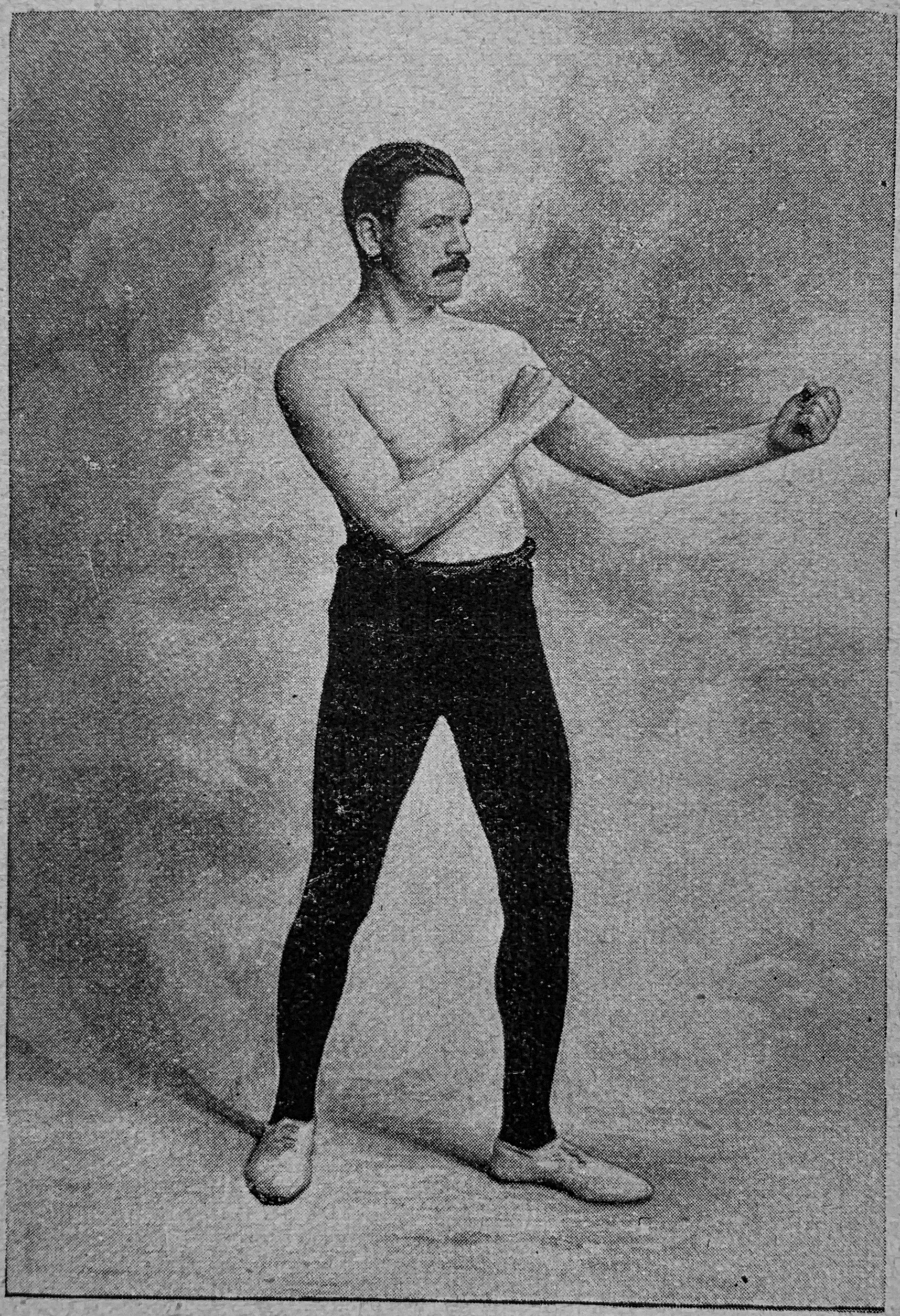
In the following pages I shall endeavour to place before my readers such instructions as will enable them to become skilled above the ordinary in the use of the boxing-gloves. There is one thing, however, the student must never neglect, and that is—practice. There is an old and wise saying to the effect that an ounce of that commodity is worth a ton of theory, and it is especially applicable to the noble art. The best thing for a youngster to do who wants to be proficient in boxing is to get someone as near his own height and weight as possible, and follow the directions set forth in the following pages.

Position.

In boxing, too much attention cannot be given to the position a man should take up. A correct pose is absolutely essential to success, and once it is thoroughly mastered, the greatest difficulty in learning the noble art is overcome. Face your opponent with the left shoulder thrown out slightly in advance of the right, and also raised a trifle higher. The left arm should be extended well to the front, though not to its fullest extent, and great care must be taken that the elbow is kept well underneath, and pointing directly downwards. The right arm should be brought across the body, with the fist, when closed, just covering the left breast, and the palm pointing down. The arm must not on any account be held against the breast, but be kept away about three inches. The object in thus

keeping it free is to prevent it from being battered against the body by an adversary's lead. Many times have I seen a man's right rendered useless at the beginning of a contest through neglecting this simple rule. The left foot should be in advance of the right from fifteen to eighteen inches, though this, of course, varies according to a man's height and length of leg. The main thing is to get the maximum of firmness and activity. The left foot should be planted firmly on the ground, and pointed straight at your opponent's left toe. It will be found that there is frequently a tendency to turn the foot inwards, but this must be strictly guarded against. The right foot should be turned slightly outwards, with the heel directly behind the left, and raised slightly, so that the weight of the body is evenly distributed between the two feet. The legs should not be rigid, both knees being slightly bent, thus doing away with any strain on the muscles. Nothing tires a man more than tension; and, while on this subject, I may as well warn the beginner against keeping the hands tightly clenched all the time. The fingers should grasp the glove lightly and easily while sparring, and should only be tightly gripped when the actual blow is about to be delivered. The head should be turned slightly to the right, and the chin lowered behind the raised left shoulder. Some years ago it was considered the thing to squarely face your opponent; but, by turning your face slightly to the right, you make it impossible for an adversary to hit you between the eyes; while, by depressing the chin, you afford some protection to that most vulnerable part, the point of the jaw.

The American brigade are particularly careful in burying the chin behind the shoulder; in fact, many of them go to an absurd length in thus trying to protect the point, and only succeed in making themselves look ridiculous. What is wanted is to strike the happy medium, and that may be attained by following the foregoing instructions. To further aid the beginner, I give a pictorial illustration



THE CORRECT POSE.

of the correct pose, as adopted by that famous professor, William Baxter, who was one of the very finest exponents of the noble art in his day, and is at the present time without an equal as a teacher of boxing. He figures throughout this book as the attacking party, while the defence is represented by that very promising youngster, Bill Stonelake.

Getting into Distance.

Having mastered the proper position to take up, the next thing to do is to get within striking distance of your opponent. This can only be learnt by constant practice. The beginner will find that there is generally a tendency to hit short—that is to say, he will not get close enough to his opponent—and when letting fly the left or right, as the case may be, he will be wasting his strength and energy on the desert air. After a little practice, however, his judgment of distance will improve, and he should be able to gauge to a nicety when he is in striking distance of his man, and, at the same time, when his friend the enemy is in striking distance of him. A man who is able to do this correctly has one of the finest means of defence at his command. Unfortunately, however, there are very few modern exponents of the game who pay enough attention to it, and many times you see them exerting themselves to guard a blow which could not possibly have landed, owing to the fact that they were out of range. In advancing to the attack, always move the left foot first; while, in retreating, the right leads the way. Never, under any circumstances, reverse the order, or you will find your legs entangled, and you will be at the mercy of your opponent. Practise moving backwards and forwards rapidly, so that in time you instinctively make the correct movements.

Feinting and Drawing.

In sparring for an opening, move slightly to the left, as it brings you within easier striking distance. Look your

man steadily in the eye, and keep your hands as quiet as possible. A slight weaving in and out of the left hand is useful to keep the muscles supple and alert, but never move the right hand until you are thoroughly prepared to let go with it—unless, of course, you are feinting; and that brings me to a very important point. A feint is a kind of false attack, made for the purpose of getting your opponent out of some position in which you don't want him, or into one in which you do; or to cause him to guard some part of his anatomy, and by doing so to leave some other part open to your real attack.

"Drawing" is closely allied to feinting. This is a movement made to induce your opponent to strike a certain blow for which you are fully prepared, so that you can get him into position for your counter hit. It is sometimes the case that you want your opponent to lead off, in order to see what sort of a left hand he has, but he, acting strictly on the defensive, in order to straight counter you, will not open the ball. Your course then would be to feint a left lead, which he would counter with his left, but as no blow came from you, what he sent out as a counter would be equivalent to his leading off, which you would then guard and counter. This, however, is for the more advanced pupil, and should not be indulged in until a certain amount of proficiency has been acquired in the rudiments of the art, otherwise you may get yourself into worse difficulties than you are trying to get your opponent into.

A splendid draw for a right-hand cross-counter (which means causing your opponent to lead off with his right—a fatal error, as explained in "Hints on Sparring") is one practised by Billy Plimmer. It is to feint at the body or head with the left, letting the hand go out, but without the intent to hit. This will give your head to your opponent, who will, no doubt, endeavour to cross you. Being prepared for this, draw yourself back on to the right foot, and as your opponent's fist swings past your head he leaves himself open to a smashing straight counter with the right

full in the face. And you increase the power of your blow and avoid his right by one and the same movement, viz., the drawing away of the body and head. This is a safer hit than the left-hand cross-counter, inasmuch as the left hand is likely or liable to strike the side or back of an opponent's head, and thus injure the knuckles by the contact. Quickness of thought, as well as quickness of action, is essential to success. Hands, head, feet, and body must all be in perfect accord, or the feint will fail, and you will be left in a very awkward position. With new combinations springing up every day, it would be impossible for me to describe even a tenth part of the feints I have seen. They will occur naturally to a man who practises for any length of time, and therefore I shall merely generalise on the subject.

Everything depends upon the style and ability of the man in front of you. Against a slow performer a quick rush might result in the man's attempt to guard something which would leave an opening as big as a church door, while a sudden side-step will frequently cause a man to lead in such a way as to give a perfect opportunity for a counter. Again, a feint is most useful in inducing a man who has taken up a defensive attitude to launch forth. Step lightly forward with the left foot, and at the same time strike but half-way with the left hand. In the ordinary course of events your opponent, believing a blow is coming, will counter, and the man who counters at nothing is in a very bad position. He is not infrequently completely at the mercy of his opponent, and a short and accurate jolt often ends the fight then and there. Nothing worries a man so much as continuous feinting. Both his muscular and nervous systems are kept in a state of tension, and in a long-drawn-out fight a man frequently becomes utterly demoralised.

Feinting consists not only in movements of the head, feet, and body, but includes every trick which is made with an idea of deception. A careless attitude, a shift

of the eyes, or any other change which may induce your opponent to think that he has a suitable opening.

Pedlar Palmer, in his best days, was an adept at feinting, and many times I have seen the little fellow so confuse his men and make them strike such ridiculous attitudes that not only have the spectators roared with laughter, but he himself has been compelled to stand back and smile. When Dave Sullivan came over here to fight him the Pedlar was absolutely at his best, and half-way through the contest the Englishman had found out all he wanted to know about the other lad's ability. Sullivan was miles behind in point of cleverness, but it was never safe to take too many liberties with him on account of his great strength and staying power. Yet every now and then Palmer fiddled and feinted at Dave to such an extent that the latter was made to look almost like a novice.

In many cases it will be found that boxers have some particular trick of their own, which they constantly employ to catch their opponent napping. Jack Roberts has a way of slightly raising his left leg and doubling his glove against his thigh as if trying to get his hand into it better. Woe betide anyone, however, who attempts to take advantage of him while so engaged. That deadly right of his is waiting, and, once fairly home with it, the battle is as good as over.

Owen Sweeney, of Fulham, has a very peculiar trick. Every now and then he wipes the back of his glove across his nose, apparently with the idea of finding out if his claret has been tapped, but all the time his chief attention is given to the man in front of him.

A method of feinting often adopted by Ben Jordan is to suddenly dance up and down on the ball of his feet. Many of his opponents have been thrown off their guard by this very simple and apparently meaningless device.

Lots of lads pin their faith to that old dodge—"kidding they are almost out"—but I do not know anyone who does it more artistically than Pat Daley. On receipt of a tap

on the head he will reel all over the ring, and feign weakness in his legs. Boxers unacquainted with his methods have been known to make a rush, thinking they had him at such times, but never yet have I seen anyone attempt to take advantage of his seeming weakness who has not bitterly repented it.

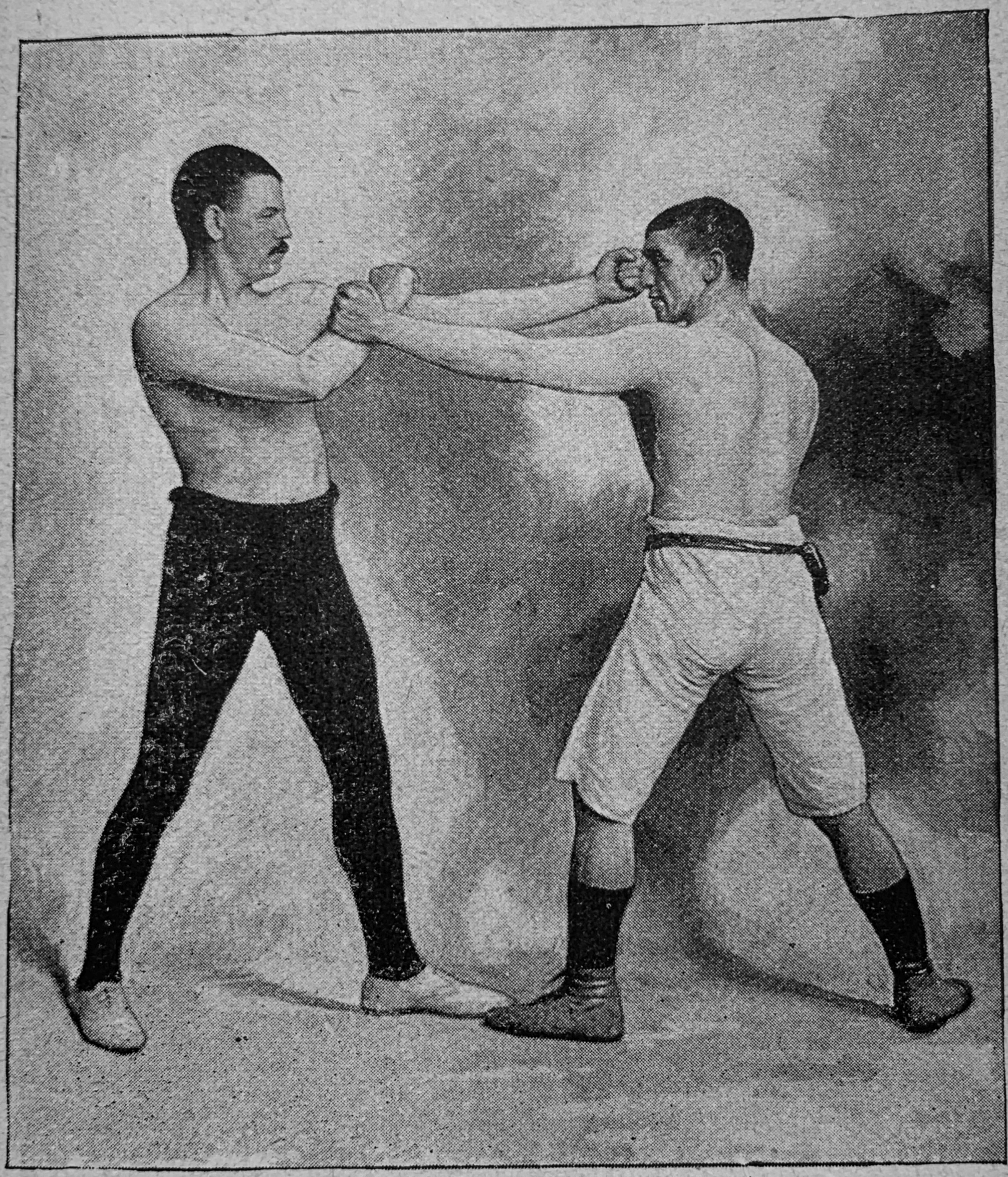
Feinting is almost a science in itself, quite as important as any other part of the game, but utterly neglected by fifty per cent. of the present-day exponents of the game. Every succeeding season it becomes more and more apparent that cleverness and not mere strength is what is wanted, and the champions of the future will undoubtedly be those who take their brains as well as their muscles into the magic circle.

The Left Lead for the Head.

Having disposed of the important details incidental to the beginning of a bout with the gloves, the next thing to be considered is how to deliver a blow correctly. Remember that chance swinging is of no earthly use. A straight line is the shortest distance between two given points, and therefore it follows that the quickest and surest method of reaching your opponent's anatomy is by means of a straight blow. The lead should be made when in the position after shaking hands. In some blows the hand is more or less drawn back before delivery, but in a left lead it should drive straight out, spontaneously, as it were. Step well forward with the left foot and simultaneously strike out with the left hand at your opponent's head.

In stepping in push yourself off the ball of the right foot, and spring in about fifteen or eighteen inches, but be very careful to plant your heel on the ground first. If the toe touches the ground first, and your opponent steps back, instead of guarding or receiving the blow, you stand a very good chance of over-balancing, and before you can recover yourself you will be completely at his mercy.

Although this blow forms the commonest mode of attack,



THE LEFT LEAD FOR THE HEAD.

and is in reality the simplest to execute, it is surprising how the majority of boxers make an absolute bungle of it. It is no use trying to do too much all at once, but if you give a considerable time to mastering this straight hitting with the left hand your chances of success as a boxer are great. Beginners are almost always inclined to hit with a downward chop, and great care must be taken to avoid this. The blow must come straight from the shoulder, but the art of sending it in with the requisite amount of force and rapidity is such a rare accomplishment that nothing but constant practice will make the novice proficient.

When leading off and doing your best to thoroughly extend yourself, there will be a chance of over-reaching, and this, though it may perhaps be termed a fault in the right direction, should be carefully avoided, since it leaves you in an awkward, overstrained position, from which it is difficult to recover. Try, therefore, to ascertain exactly the extent to which you can reach by making full use of your step, the length of your arm, and the width of your shoulder, at the same time retaining the power of getting back with ease the very instant the blow has been delivered.

When one finds a tall man, with long arms and legs, who seems unable to reach out far, the reason in almost every case is that he fails to make proper use of his width of shoulder, and consequently loses five or six inches of his length of reach.

It is an excellent plan to stand in front of a looking-glass and hit out, when it will be at once seen what a strong tendency there is to hit across, and you will also notice how any turning in of the left foot increases that tendency. You will find plenty of employment for days, and even weeks, where daily practices are not undertaken, in perfecting yourself in this hit, and until you are absolutely correct do not attempt any other hit or guard. Many lads, who might become really good boxers, are spoiled in trying to learn too much.

Always remember that in leading the weight of the body should be thrown into the hit with the spring off the right foot, which, however, should not leave the ground, and the blow should reach its destination just the fractional part of a second before the left touches the ground.

In studying the annals of the Ring, it is instructive to note what a number of battles have been won by straight left-handed hitting. Many have been absolutely snatched out of the fire by an apparently beaten man, who still retained sufficient sense and strength to keep jabbing away with the left; for of all blows the straight left requires the least expenditure of energy and is the most demoralising to an opponent. By leading smartly and constantly, a man is often able to score point after point without receiving a return. He spars round his man, waits for, or makes, an opening, steps in and delivers a blow, and is away at once.

Of the many famous exponents of this style of boxing I know of no one cleverer than Bill Baxter. Speaking to me on the subject some time ago, he said: "I attribute all my success, both as a professional boxer and as a teacher of the noble art, to the fact that I made a special study of left-handed hitting. As soon as I took to the game I saw the immense possibilities in that style of boxing, and although I have met with defeat in my time, I never had any reason to alter my style, and up to the present time I have never found any man who could show me a better method of attack. With a thorough knowledge of how to hit with the left hand a light man can often fight a heavy-weight to a standstill without ever coming to close quarters, at which weight would inevitably tell in favour of its possessor. The principal object is to do as much damage as possible without receiving any in return. Hit quickly and often, and, at the same time, avoid your opponent's efforts. A general in war is considered the most skilful and successful who wins an engagement with the loss of the fewest men, and I am an advocate for similar tactics in boxing. Do not think, however, that I am opposed to gameness; I have

always taken my share of punishment, but it is worse than useless to go in and slog away when good judgment indicates a more scientific plan. A cool head and a straight left are my chief maxims, and if every lad would only bear that in mind much better boxing would be seen."

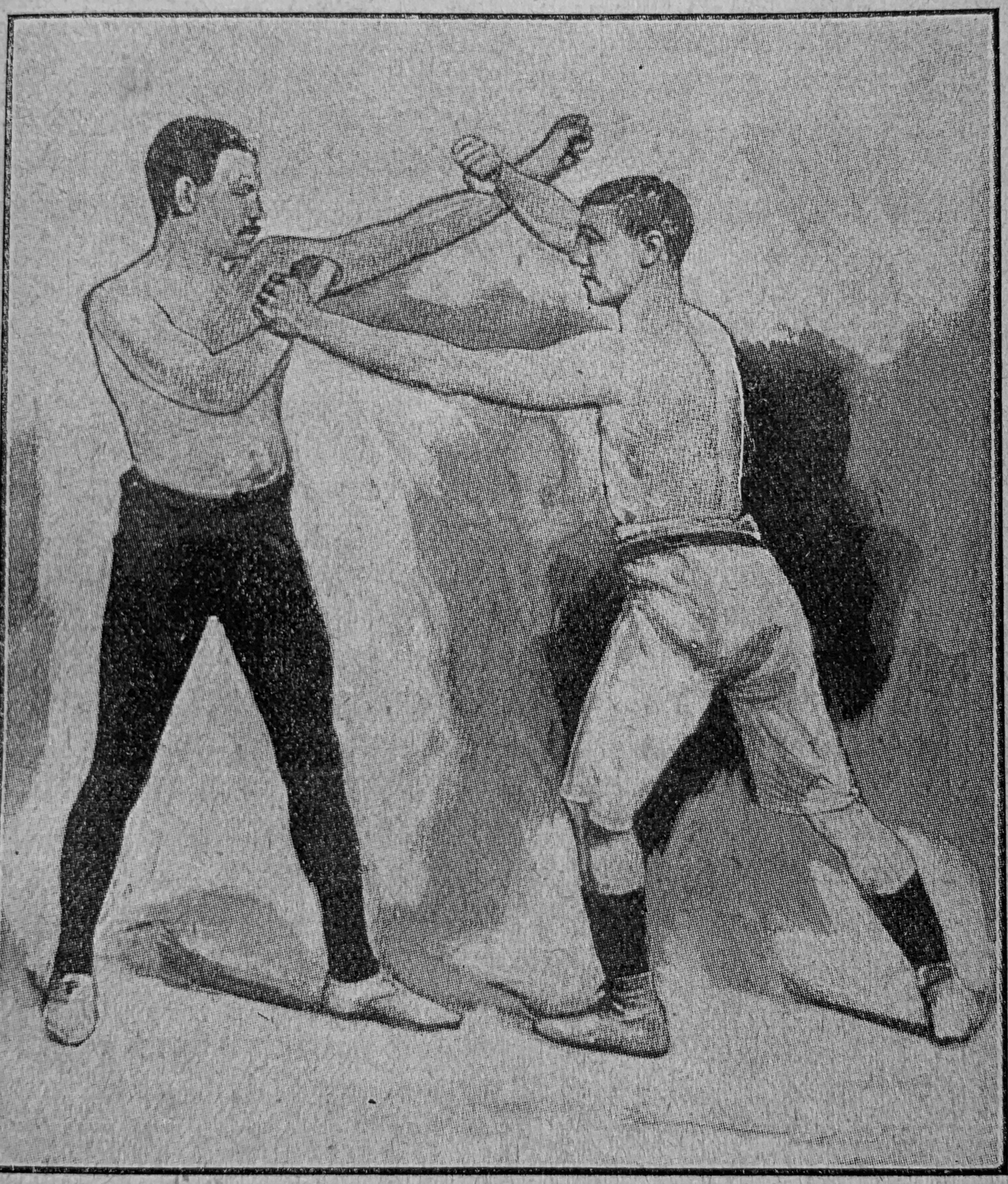
It is often well to be ready with a second blow with the left, so that if you are by chance a bit short in your lead off you may advance your right foot a few inches and then step in with a second straight left-hander. This is also useful when you find your man giving way before your first onslaught. Very frequently, too, this double hit will stop a man who is following you up after your lead off. In running up points at a competition, a third or fourth hit of this kind may be practised with advantage, and it is astonishing how often this course takes an adversary by surprise.

The Guard for the Left Lead.

Having shown how the left lead for the head should be delivered, the next thing the beginner should learn is how to guard it. Keep your head well back, stiffen the muscles of the right leg somewhat, raise the right arm so that the elbow is on a level with the nose, and throw the forearm well forward and upward, with the palm of the hand held downward.

By this means your opponent's lead is met with the least strain, and the blow naturally slides from your wrist downwards and off at your elbow. Directly you feel a contact, however, you should endeavour to throw off his blow smartly to the right, as in some instances you may, by so doing, upset his balance. This is only a small point, but is one well worth remembering, as it gives you a good opportunity of getting in a clean hit with either hand.

The great object in guarding a blow is to avoid any jarring. I have seen even experienced boxers with their right forearms bruised from elbow to wrist owing to the acute angle at which they held their arms when guarding a



THE GUARD FOR THE LEFT LEAD.

blow, while it is not an unknown thing for a man to have his arm broken through the same thing.

There is a method of meeting a man when he leads off at your face with his left by dodging your head to the right and catching him in the ribs with your left shoulder well squared for the occasion. I do not, however, advocate this, except in a rough-and-tumble fight, when almost anything will pass muster. If it comes off, it is a most punishing stroke, but, apart from the taint of foulness which clings to it, it is somewhat dangerous to put into practice against a skilled boxer. It might answer very well the first time, but a second trial would doubtless end in your opponent banging the right hard home on the short ribs, which are very much exposed.

Counter-Hitting.

Very few people know what a counter-hit is, and even many professional boxers, though they can show you the blows, cannot explain just what a counter or cross-counter means.

The word "counter" comes from the Latin "contra," meaning "against." Thus we speak of cheers and counter-cheers, and demonstrations and counter-demonstrations; but we know there cannot be a counter-cheer or a counter-demonstration unless there is first a cheer or a demonstration. And by the same rule there cannot be a counter-hit unless a hit is first made. When a man strikes at you first it is called a "lead off," and when you see that blow coming and try to prevent it by hitting your opponent first, your blow is called a "counter"; or if you guard or avoid the blow, and then hit back, with either hand, this is also counter-hitting. If both of you lead off together, and both land on each other simultaneously, neither of the blows is a counter-hit, but a lead off. You may counter your man before his lead reaches you, but you must see his blow coming, as it is his lead you are countering.

For instance, if a man, much slower than yourself, drew

his right arm back to swing at you, you could easily perceive his intention to hit, and by stepping in with your straight left counter, would get there first, and effectually kill his lead off.

There are two kinds of counter-hits—straight and cross-counters—and I shall endeavour to describe just what they mean. Remembering that a blow must first be struck or commenced before we can counter, a straight counter (to distinguish it from a cross-counter) is when the arm with which you counter does not cross the arm your opponent leads off with. Thus, in our illustration of the guard for the left lead at the head, we see the straight left counter used, the lead off being put aside with the right hand and the left sent in as a counter.

When the arm with which one counters crosses the arm with which an opponent leads off, then it is a cross-counter. Again, if a man leads at your head with a swinging right, and you avoid it by drawing your head back, you can cross-counter with your left hand at his head as he swings round from the force of his own blow, because you hit across the arm—the right—with which he has led off. This is a left-hand cross-counter.

Having explained this, we will now proceed to—

The Right Cross Counter for the Head.

Having thoroughly mastered the straight left-hander at the head and the guard for the same, the next thing for the student to learn is how to administer the right cross counter. This blow is, without doubt, the most effective stroke in the whole range of boxing. Fairly delivered, it will give a more comprehensive idea of the "starry" regions than an ordinary student would acquire after a month's hard study.

It is the blow by which a man is most frequently knocked out, and if for no other reason than that it should be most thoroughly mastered. The manner in which it is administered is as follows: As your opponent leads off at your head with his left you step in about twelve inches, ducking

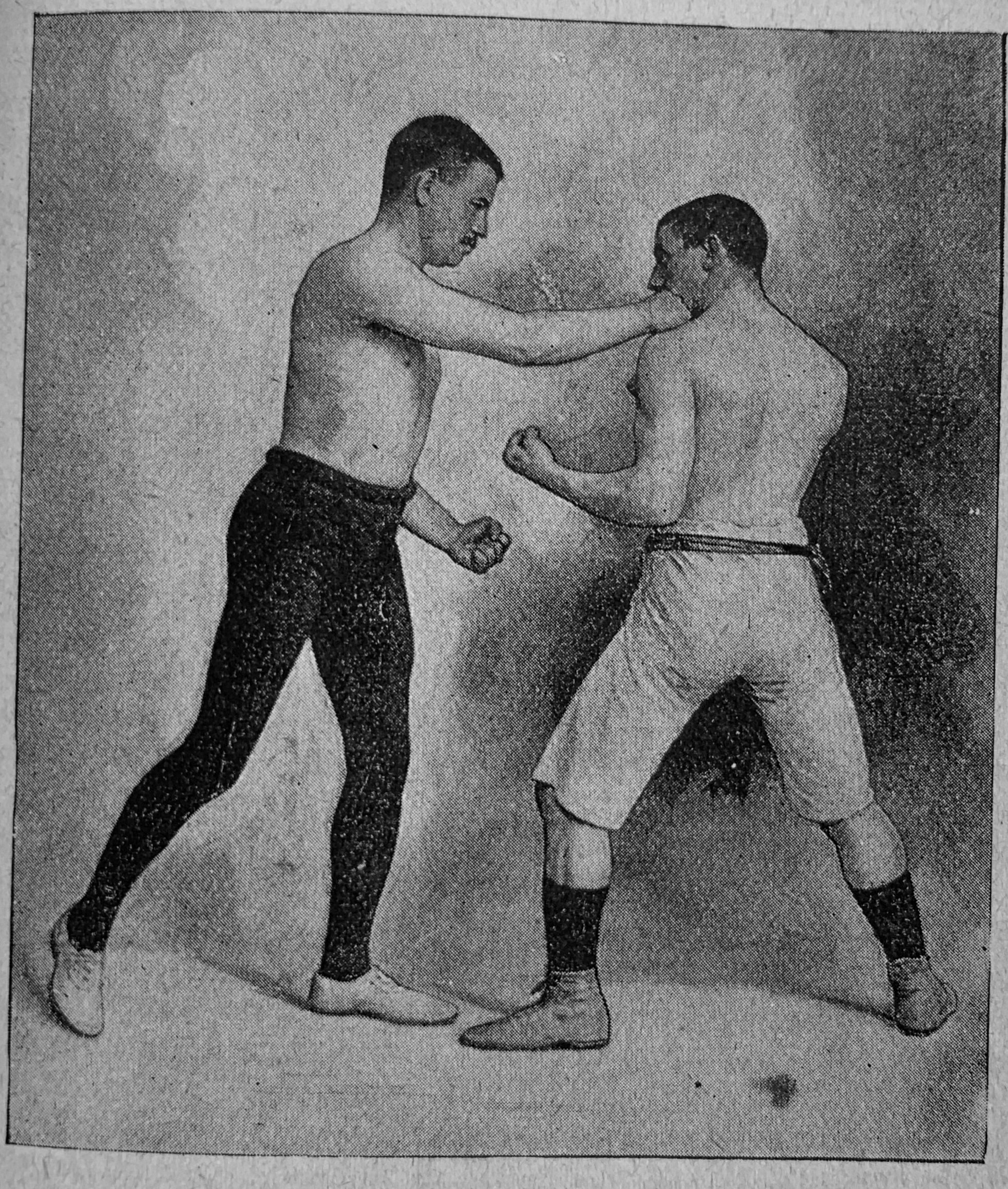
slightly to the left, and at the same time hit out with your right hand at the point of the jaw or side of the face, whichever is the more exposed. Your blow should pass just above his left arm.

The success of the stroke depends almost wholly upon the rapidity with which it is delivered. A slightly hooked or inward motion must be imparted to the arm, as your opponent will turn his head slightly when delivering his blow.

It frequently happens that in making the left lead your adversary overreaches himself, and if that is so greater force is added to your delivery; if he does not do so, step in quickly, and give him a straight left as directed in the section devoted to that blow.

The man, however, who uses the right cross-counter, and, if it fails, follows it up with a rally at close quarters the most effectively is Pat Daley. This man is essentially a right-handed boxer, and although some of his methods do not find favour with the swell patrons of the noble art, there is no question but that he is one of the most dangerous opponents a man can face. By the unthinking he is put down as a rough, foul fighter; but to anyone who thoroughly understands the art, he is a man who puts a tremendous amount of brain work into his bouts. Having spent some years in America, he has picked up a lot of very useful hints from the pugilistic portion of that go-ahead nation, with the result that in his particular style he is without an equal amongst the boxers in England.

While the majority of our men go in for smashing away with both hands, Daley has made a special study of how to get past a lead, and land with damaging effect. His foot work, though not particularly showy—many people, in fact, make him out rather clumsy on his understandings—is yet admirably adapted for his style of boxing. His judgment of distance, too, is almost uncanny in its accuracy. In boxing position he looks awkward, solid on his feet, and a slow hitter; but in action he is confusing and deceptive.



RIGHT CROSS COUNTER.

His opening movements are sometimes slow and deliberate, as if he was tired before he started, while on other occasions he is startlingly fast; but he is always strangely original. His whole body moves with his hands, as if about to make a rush. The feet make moves that further this impression, and the man before him usually leads to nip matters in the bud. That is exactly what Pat waits for. Directly he sees the left coming over goes his right, with a peculiar, half-circular movement, and nine times out of ten it lands with crushing force on the jaw or the side of the head—a perfect right cross counter.

In the event, however, of the blow not reaching home, Pat at once dashes right in to close quarters. To the ordinary eye he is too near to do any damage, but Daley has studied all this out, and knows exactly what he is going to do. His arms are not in a position to protect him but drawn back, but he thrusts his body so close to his adversary that the latter is too cramped to make effective use of his fists.

This is not the case with Daley. With one hand he smothers any possible attempt at hitting, while with the other he bangs away at the ribs. Then, with the speed of lightning, he puts one in on the face. A sudden shift, and he transposes the attack from one hand to the other; the left is used to block any offensive measures, and the right slashes away at body and head.

The spectator gets a more or less confused glimpse of a pair of arms working like a wayward windmill, and then, like a flash, Pat pushes his man off, or is himself pushed off, and he is again moving warily round his antagonist. In all probability his opponent, confused and angry at the rather rough treatment to which he has been subjected, attempts a rush. For a change, and still further to bother his man, Daley will try a bit of dodging, and, breaking ground in the most artistic manner, he leads a merry dance around the ring, popping in a little one whenever there is an opportunity.

When his opponent has eased down a bit, Daley will try somewhat similar tactics again; but one of his maxims is not to take any chances with an angry man, who is always liable to do awkward things, and a good boxer can be hurt by awkwardness more than by cleverness. Pat will meet rushes if he sees a chance to land something good, but, as a general rule, he favours doing the rushing himself, or else getting to close quarters when the other leads.

From the foregoing words it will be readily understood what a dangerous blow the right cross counter is, either used alone or followed up by a rush to close quarters. As I said at the beginning, its success depends wholly upon the rapidity with which it is given, and unless that is accomplished the stroke is worse than useless.

Guard for the Right Cross Counter.

As the success of the right cross counter depends almost wholly upon the rapidity with which it is delivered, it naturally follows that to guard it one must be equally smart in one's movements. To begin with, a lad must be, to a certain extent, a thought reader; he must divine his opponent's intentions almost as soon as they are formed, and although this may sound a very difficult thing for a novice to do, it is in reality very easily acquired by anyone who throws his heart and soul into the game. And here let me impress upon the beginner the absolute necessity of taking boxing seriously. Anyone can pick up a series of movements, representing blows and guards, in a very short space of time, but that alone will not make a boxer of him. He must give his mind seriously to his work, or he will find that when he dons the gloves for a regular encounter he is all at sea.

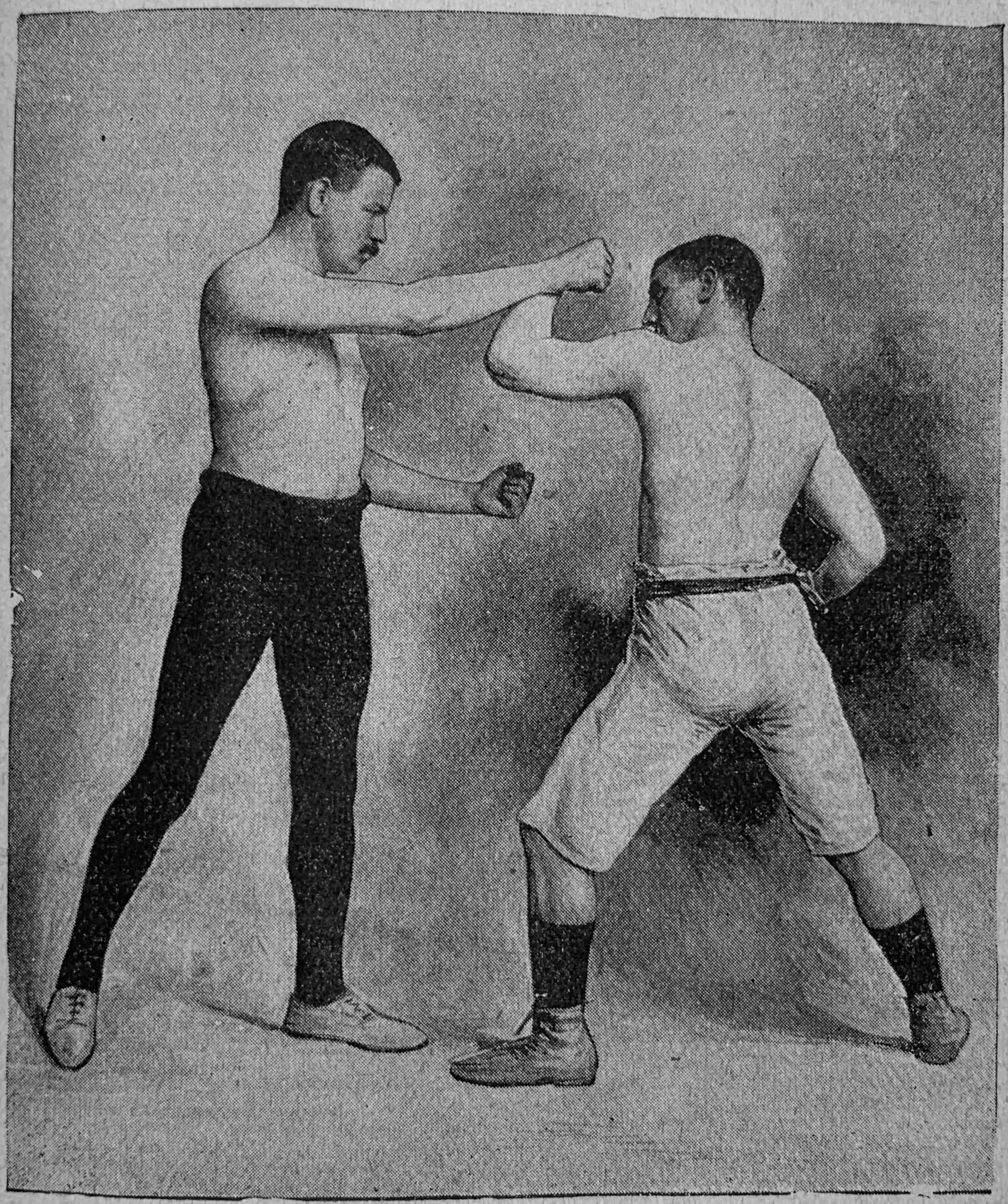
One of the chief reasons that we have so many mediocre performers practising at the present time is that the average lad who goes in for boxing does not make use of his natural intelligence; he learns his lesson mechanically, and, as a result, he is a mere automaton.

Now, that is just what I want the reader of these lines to avoid being. I want him to bring his brain into play as well as his muscles, and unless he will do that all the teaching in the world will not make a boxer of him.

When sparring, keep your eye fixed on your opponent's face, for there you will find out his intentions as regards yourself. I know it is the fashion with some lads to keep their eyes on the ground; but I have never known one of those "inspectors of pavements" turn out a champion. To cast your eyes on the ground may be all very well as a feint now and then, but the beginner should never, under any circumstances, remove his optics from his opponent's face.

A little careful study, and the novice will intuitively learn what his antagonist is going to do, and be able to prevent it. With these few words of advice, I will now proceed to show how the right cross counter can be successfully avoided. I will assume that your opponent has drawn your left lead with the idea of trying to get home this dangerous blow. As you strike out you realise his intention. If possible, bend your left arm and throw it up, with the knuckles pointing upward and outward. Brace all your muscles tightly, as the impact is likely to be severe, and the blow may get home regardless of your guard. At first you will find the movement rather difficult to execute smartly, but you must stick to it until you can catch his blow at the psychological moment, when you will be surprised at its simplicity. It is worthy of remark that this is the strongest position in which you can place the forearm for warding off a blow, as a glance at our illustration will show.

It may happen, however, that you have not been able to put the foregoing manœuvre in operation; in fact, as a beginner, it is not to be expected that you would. The question is, what are you to do? Your blow has gone too far to stop it, and that dreaded right cross counter is coming. In that case, duck your head smartly downward



THE GUARD FOR THE RIGHT CROSS COUNTER.

and to the right, so that your opponent's blow will pass over your left shoulder.

This will either save your head altogether or, at the worst, you will only receive the blow on the back of the head or neck, a position in which little damage can be inflicted.

There are a few other methods of avoiding this most dangerous stroke. Body blows with either hand are generally effectual in stopping all right hand hits at the head, but they have to be delivered with lightning speed, and should also be driven well home. In boxing, never play at the game. Put the whole force of the body behind your blows. Sparring, of course, is a very different matter; there a light tap is always sufficient.

Another stop for a right cross counter, while anticipating your opponent's intention, is to hit him full in the face with the left hand before he ducks; or, instead of striking at his face, deliver the blow on the right side of his chest near the shoulder, and his right hand will be stopped in the most thorough manner.

Yet another method. You lead off with your left, dropping your head well forward, so that at the end of your movement your left ear will be touching the inside of your upper arm, and the angle of your jaw and chin will be completely covered by your shoulder. This is a favourite method with the American brigade, but I cannot say that I am greatly attracted by it. I recollect seeing a lad from the States, named Mike Sears, put it into practice when fighting Jabez White at Birmingham some few years ago; but the Englishman soon tumbled to the manœuvre, and by means of a telling upper cut, he convinced Master Mike that the old-fashioned methods were best. Dave Sullivan was another lad who used the dodge; and witness what an unholy mess Pedlar Palmer made of him when they fought at the National Sporting Club.

Of course, a lot depends on the man in front of you. He may be particularly smart at a right cross counter, or he may not. Then, again, he may be longer in the reach

than you, in which case it behoves you to be very careful. Never take chances with a long-armed opponent. Given that he is equally clever and strong, it is long odds that he will beat you.

Left Counter for the Head.

Of late years there has been a great tendency amongst professors of the noble art to introduce rushing tactics to their pupils, and when they are questioned about the advisability of such proceedings, they instance the numerous successes achieved by the Americans over our men through the instrumentality of those same rough and ready methods. It is, of course, impossible to ignore the fact that the Yankees have practically swept the board of all opposition in England, and also that most of their representatives belong to the class just mentioned. I will not, however, admit that that is an argument in favour of teaching rushing. It is rather a confession of weakness—a want of knowledge as to the best means of combatting a style new to them.

Now, one of the first things a lad has to learn when taking up boxing is that mere strength will never win battles in the ring. It is a most important adjunct, it is true, but, unallied with cleverness, it is useless in a contest. The man who expects to win by strength alone will find a rude awakening should he ever tackle anyone who has thoroughly digested this article.

Mere strength, by itself, is one of the easiest things in the world to overcome, and the day of the rushing fighter is at an end directly lads take the lesson to heart that science is a better weapon than strength. One of the very best strokes to employ against a member of the school just mentioned is the left counter. It is an extremely effective blow at all times, but against a man of the McGovern type it is, as the Yankees would say, "a perfect daisy." Not the least favourable point in its favour is the fact that it is in reality a combination of attack and defence.

Properly delivered, it will stop the most impetuous man

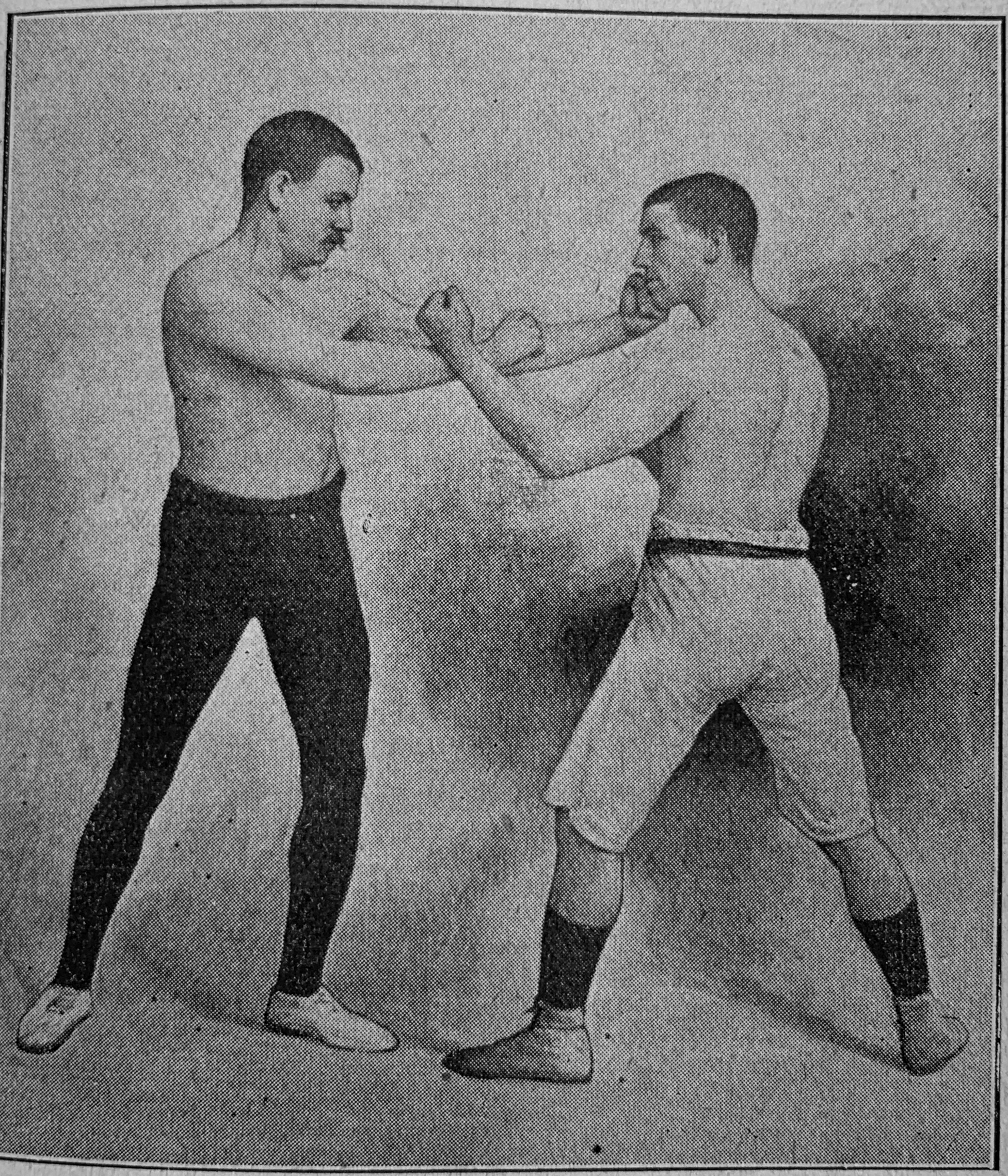
that ever stepped into a ring, and another point in its favour is that it generally gives you an opportunity to land another blow of the same sort, or else there is an opening for the right.

The manner in which it should be delivered is as follows: As soon as you see your man half-swing his left for the face, lower your chin slightly, throw your right forearm across to guard your head, and lash out with the left. By the fraction of a second your blow will reach home before his, and as he is coming at you with considerable impetus the impact will be severe.

It is necessary, however, to brace your right arm strongly, or you will find it driven on to your face, and will thus be unable to get your own blow home.

There must be no hesitancy about the stroke either, or disaster will follow. Let go directly you see the opening with all your force, and back will go his head with a jerk. Then, without losing a moment, follow your blow up with another stab with your left, or, if his left hand has been thrown up, as is most likely the case, bang the right home on the ribs. By this rapid following up you will compel your opponent to retreat, and then there is no telling where your advantage will cease. As I have stated above, the possibilities arising out of this blow are endless, and it behoves everyone to master the stroke as early as possible.

A succession of left counters at the head is warranted to take all the rush out of the strongest. Men like Kid Lavigne, "Mysterious" Billy Smith, Matty Matthews, and Terry McGovern rely almost wholly on their strength, and the wonder to me is that they have not met their masters in the ring with more frequency than has actually been the case. When Lavigne came to England, in the spring of 1896, to fight Dick Burge, he narrowly escaped a hiding, and, but for the fact that the Englishman was weak through reducing himself too low, the American would undoubtedly have received one. In the early stages of the engagement, Burge met the Yankee's rushes time after time with



LEFT COUNTER FOR THE HEAD.

a left counter, while he followed it up with some of the prettiest left-handed hitting ever seen. Lavigne was fairly puzzled by the Englishman's precision, but being strong at the weight, while Burge was as weak as a kitten, he was able to take all that came his way with a certain amount of indifference.

As the contest proceeded, Burge's blows became weaker, and after the twelfth round he was unable to keep his man out, with the result that strength proved too much for science, after seventeen hard rounds.

When, however, Burge met Tom Williams, a very different state of affairs was brought about. On that occasion Dick was as strong as his opponent, and when the latter dashed in, he was met with a lovely left counter that sent his head back with an awful jerk. Without giving him time to recover, Dick followed up smartly with a right on the ribs, and Williams was glad to make the most of the ring. For three rounds the Australian kept rushing, while Burge met him with the left hand, and so severe was the punishment that Williams was rendered perfectly helpless, and a right cross counter finished off the job half-way through the fourth round.

"Mysterious" Billy Smith was another example of the strong rushing fighter who succumbed when he met a really scientific opponent. His conqueror on two occasions was Tommy Ryan, a fellow-countryman, and a wonderfully clever left-handed boxer.

Examples of the triumph of the scientific performer over the rushing fighter are, however, so numerous as to carry conviction with them.

The Left Lead at the Body.

Amongst the present-day professors of the noble art there is a strong disposition to go in for body fighting, to the almost utter exclusion of blows at the head, and the reason is not difficult to determine. The body is easier to hit than the jaw, as it presents a much larger surface and

is less easily moved out of the way. It presents a larger, almost semi-stationary mark; while the head, on the shoulders of a lively artist, is by no means an easy spot to reach. Then, again, the chances of damaging one's hands by a body blow are by no means great, while scores of lads have had to retire from active work owing to the fact that their hands have given out through constant contact with a hard head. Many eminent medical men say that the body is the most effective point from which an attack can be made. A blow on the stomach affects a very large surface of soft, nervous tissue, and the effect is more generally felt than a blow on the head, always excepting a point hit, which, of course, places a man hors de combat at once.

A few years ago only a small proportion of boxers went in for body punching; they made the head the objective, and kept hammering away at it with the left hand until an opportunity arose to bring over the right. Now, however, all this is altered, and the successful boxer of the present time is he who judiciously mixes up his attack, playing first at one point and then at the other.

The man who, in front of all others, has made a speciality of body punching is Bob Fitzsimmons. In his famous battle with Corbett for the Championship he played almost exclusively for the body; his blows at the head were only taps, but every time he let go down below he put all his weight behind it, and it will, perhaps, be remembered that the blow that finally knocked Pompadour Jem out was a stroke over the heart.

Now, as to method of getting home a left lead at the body. In the ordinary way it is rather difficult to find an opening. In sparring, your adversary's right hand will be carried across his chest, and the slightest movement in that direction will prepare him for what is coming. You have to get rid of that right hand somehow or other, and the easiest way to do it is to feint at his head. Immediately he will raise his guard. Directly he does so, take a quick

step forward with the left foot, and drive your left hand at his stomach or ribs, whichever is the most convenient, at the same time ducking to the right. In doing this the left knee must be so bent as to bring your shoulder as near level as possible with the point aimed at. You will then find that the balance of the body is slightly disturbed, and to preserve that you must turn the toe of your right foot well out.

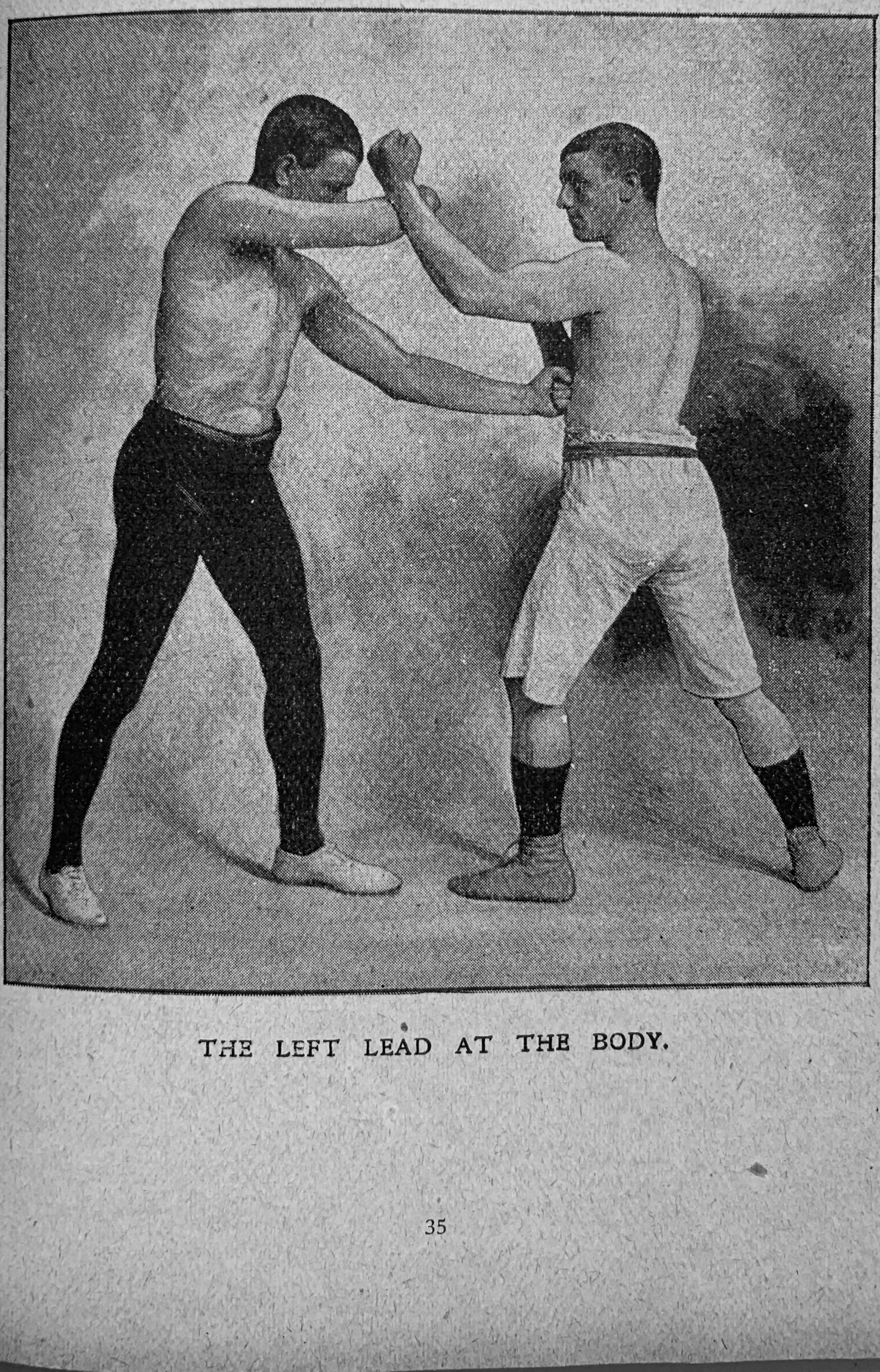
Keep your right arm well up to prevent a blow at the head, and your left very straight, otherwise you will be in danger of an upper-cut from your adversary's left. The hit properly administered is a most telling one, and should be greatly practised by all who wish to go to the front.

In speaking of body hits generally it must be noticed that they usually occur as second or third blows, and when engaged in in-fighting. At long range they are not so effective, except on the mark, for the reason that the right side of the body is farthest away from an adversary, and he cannot well reach the short ribs without, as I have said, stepping well in.

On the mark, however, there is always a hit, and a very dangerous one, too, as anyone will find out who faces a clever exponent at body fighting. The mark, or solar plexus, as our American cousins call it, is a great nerve centre, in direct communication with all parts of the body. Actually, it lies nearer the back than the front, but it is not so easily reached from that quarter, on account of protection afforded by the spine and ribs. In front, however, there is nothing to guard it but the muscular walls of the abdomen. To be effective, therefore, a punch on the mark must be delivered from the front.

This nerve centre is so intimately connected with all the important organs of the body that a single, well-directed blow delivered there produces temporary paralysis, and the man so struck is "knocked out."

All the Americans put it (this blow) into force when-



THE LEFT LEAD AT THE BODY.

ever there is the slightest opportunity, Bob Fitzsimmons and Kid Lavigne being famous for the frequency with which they administer it.

Lavigne, in particular, hardly ever goes for anything else. He hammers away incessantly at the ribs with both hands, but, being rather stocky, he gets so close to his adversary as to appear right on the top of him. There is, however, no mistake about the effectiveness of the stroke when it is used by him. I had a short conversation some time ago with Jack Everhardt, who met the Kid twice in long contests, and he spoke very "feelingly" on the subject. "But for those body blows," he said, "I should have beaten him. He got inside my guard every time, and gave me such a welting as I never want again."

In England, however, it is very seldom seen, except as a chance blow. Watching glove contests daily, as I do in the season, I notice that not one-tenth part of the lads who figure as principals in competitions and full-journey bouts make half enough use of the left lead at the body. A really hard blow on the mark will do more to terminate a round, or, indeed, a contest, than half a dozen flush hits on the face, and therefore it behoves everyone to perfect himself in this particular stroke.

Guard for Left Lead at the Body.

There are a number of ways by which the left lead at the body may be guarded, but as it is a maxim in boxing to protect yourself from the blows of your opponent with the least amount of exertion to yourself, I will consider them all, and then my readers will be able to pick out the one most suitable to their own style.

As a matter of fact, body blows from the left hand are not much to be feared, except when they are aimed straight at the mark. That blow, however, should be carefully watched and parried, even at the expense of a bang on the head. By this I do not want you to think I am making light of guarding the head; I am merely

calling attention to the fact that it is of greater importance to guard the mark than it is to guard the head, for the latter can be got out of the way by dodging, while the same cannot be so easily effected in the case of the body.

Now, to come to the actual methods of parrying the blow in question. A very common and much affected way is to jump back out of range, and, on ordinary occasions it is a perfectly safe means of getting out of danger. There is, however, one disadvantage attached to it. If you happen to be anywhere near the ropes when you retreat, your back will be brought into violent contact with them, with the result that you will be sent bounding straight into your adversary's arms—or, more probably, against a good stiff right-hander on the jaw. I have seen this occur many times; in fact, a clever, thinking boxer, finding that his opponent exhibits a tendency to retreat, will gradually work him on to the ropes, with the express intention of catching him on the rebound. Therefore, great care should be exercised in putting this manœuvre into practice.

Another method is to wrench your opponent's arm downwards with your own left, turning him to the right. The result of this movement will be that he will be thrown slightly off his balance, which will give you an opportunity of putting in a right-hander.

The foregoing is perhaps one of the most effective means of stopping the left lead at the body, but it requires great quickness, and is not much in vogue, even amongst the foremost professors of the noble art. Pedlar Palmer is one of the few lads I have seen who put the manœuvre into force. It is especially suitable to his clever, tricky style of boxing, and in his earlier days he made use of it to a great extent.

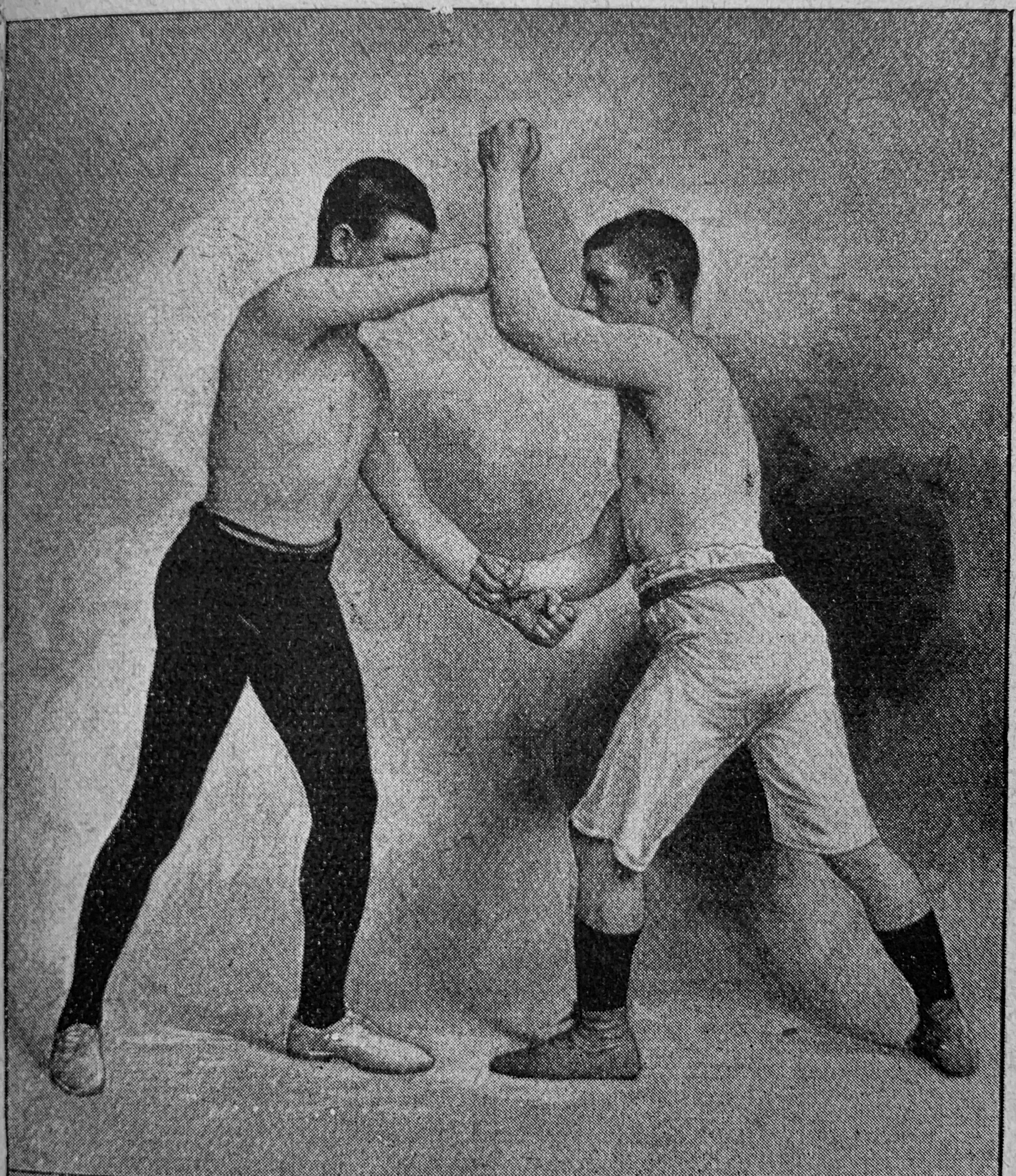
A third method is to cross both arms over the pit of the stomach. The arms must be well-braced and rigid, and the elbows kept close to the body so as to effectually cover as much as possible of the abdominal region. Care

must be taken, however, to place the right hand over the left, as, in the event of it being only a feint on the part of your adversary to get in a blow at your face, you will be able to raise your right hand in time to guard the blow.

Here, again, very few practitioners put this manœuvre into force, especially amongst the English brigade; but on the other side of the Atlantic it is an extremely common means of defence. McCoy, Ryan, and others of that class, are extremely partial to this means of "blocking" a blow, as they term it, while the negro, Bobby Dobbs—one of the cunningest boxers that ever visited England—would invariably drop his hands into the position just described on the least suggestion of a body blow. It was, in fact, at times almost ludicrous to see the careful manner in which the Black would protect his "tum," and in his celebrated encounter with Dick Burge, at Newcastle, in the December of 1898, the Englishman never once succeeded in getting home a good body blow, although, knowing that it is a nigger's tenderest spot, he made constant play at it.

There is, however, yet another method of guarding the blow, and that is, to bring your right arm down sharply, with a chopping motion of the forearm, and twisting the lead outwards. As in the case when the left is made use of in a similar manner, this has the effect of partially destroying your opponent's foot-balance, and occasionally leaves his head open to your left hand. It is the method illustrated, although, as will be seen, Baxter (the striker) has taken the precaution to keep his right well up, for the purpose of frustrating any attempt at his head which might be made.

Having described all the known methods of parrying the left lead at the body, I must admit that I have a strong partiality for the last. It is not a particularly brilliant move, and, as I have shown, it does not always lead up to a successful follow on; but it has the merit of being an absolutely safe means of stopping the lead. It is, moreover, very easy to acquire, coming almost naturally to most



GUARD FOR LEFT LEAD AT THE BODY.

people, and on that account I hold it to be the best defence for a very dangerous blow.

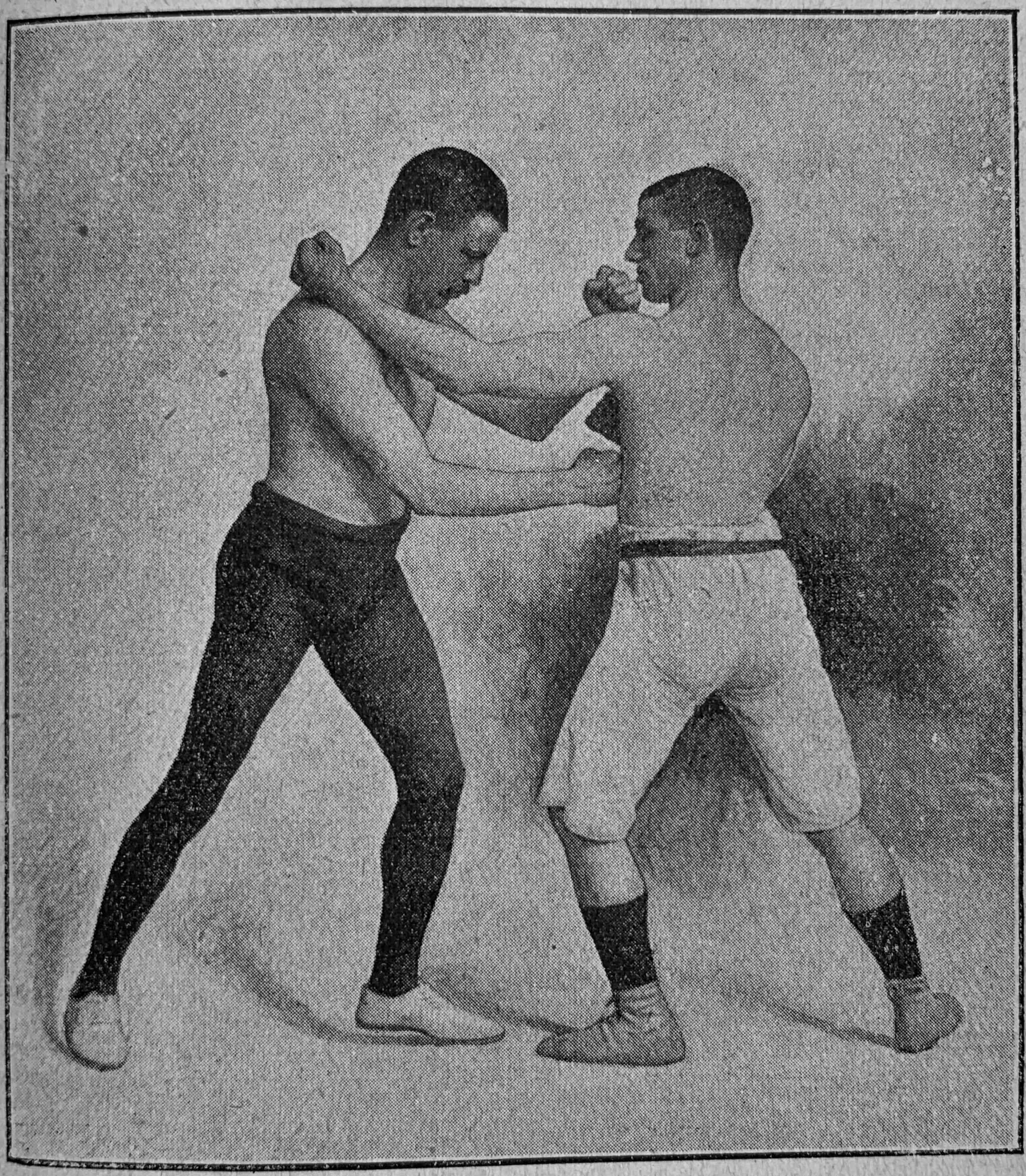
The parry with the left hand is both brilliant and safe, but it is somewhat difficult to acquire, and should never be attempted until constant practice has made you perfect in it. The jump I do not recommend at all; but it is as well to know about it, in case of a necessity arising when any of the other guards could not be employed. The crossing of the hands I do not care a lot about, either. Sparring in the ordinary way, the right is naturally placed on a lower level than the left; consequently, there is great danger of the arms being crossed in that way, instead of the right being over the left.

The Right-handed Body Blow.

Like the right cross counter for the head, the right-handed body blow is one of the most effective strokes in the whole range of the noble art. Few men are able to withstand a series of them, even when administered by a novice, but when delivered by a man who knows how to exert the greatest amount of power with the least possible effort, then the effect is truly disastrous.

In speaking of this blow to Bill Baxter some little time ago, he said: "The right-handed body blow is the natural outcome of the straight left at the head. The former follows the latter just as naturally as night follows day. You worry your man for a time with the left hand, and then, just as he is beginning to think that it is the only stroke at your command, you slip in your right at the body. It really is astonishing what a lot of respect your opponent has for you after you have put in what I call a good, old-fashioned rib-bender. I give you my word, it is better than all the hooks and swings that the Americans talk so much about. It used to beat better men than those calling themselves Champions nowadays; but, the fact of the matter is, not one man in four knows how to land it."

I quite agree with Baxter in his remarks on the subject,



THE RIGHT-HANDED BODY BLOW.

especially the last sentence. It is the ambition of almost every lad to cultivate what is known as a "good right"; but I am sorry to say that at the present time we have very few boxers who really possess the art of right-handed hitting.

A clear course is absolutely necessary for this blow, and if your opponent does not leave one you must make it. If he is in the habit of leading frequently at your head, however, you will not require to feint. I much prefer the opening to come naturally, as there is more chance of you scoring than if you had to draw his lead. Watch well your opportunity, and directly he strikes out with the left hand step smartly in, and hit out at the ribs with the right hand. In doing this, jerk your head quickly to the left, so that his lead goes over your shoulder, as seen in the illustration.

If you get home, you will give your opponent a good shaking, and, before he can recover, swing the left, with the whole of your bodily weight behind it, for whichever is handiest—the jaw or the stomach.

If your opponent is strong enough to withstand a couple of blows like this, he will, in all probability, counter with his right, in which case, your best plan will be to duck your head, and receive it on the top of your skull. By clenching the teeth and stiffening the muscles of the neck, you will render yourself almost invulnerable to his attack, while it is more than probable that your opponent will knock his knuckles up by the force of his own stroke.

In the event of your landing the stomach punch as your second stroke, you are almost certain to bring both his hands down, when you will, of course, bang away at your hardest with both hands alternately at the head.

From the foregoing description it will be seen what a powerful and effective means of attack the right-handed body blow is, and I cannot conceive anything prettier than a well-delivered stroke of this description.

As will have been gathered from my opening remarks, Bill Baxter was, in his day, famous for the skilful manner

in which he made use of his right hand. In his numerous battles with Fred Johnson, who was a perfect type of the rushing fighter, Bill used to bring that right into play with astonishing frequency, and, somehow or other, Johnson never seemed to be able to stop it. He would slash away at a terrible rate for a few rounds, while Baxter would prod him with the left on the face; then, all of a sudden, the wily William would alter his tactics, and as Fred rushed in, with the intention of smashing him up, he would duck his head neatly to the left, and drive the right home with deadly accuracy and all the force of the body on the ribs, following it up with a left on the jaw.

Again, in his encounter with that sturdy little Welshman, Morgan Crowther, Baxter gave a finished exhibition of right-handed body punching, combined with some of the finest left leading I have ever seen. Morgan's mouth was a sight to behold, while the whole of his left side was swollen and black from the frequent visitations of his opponent's right hand.

Another famous exponent of right-handed hitting was Sam Baxter, a brother to William. In his case, however, the objective point was more often the jaw than the body. When he did go for the ribs, he hit with all the force and precision that characterised his elder brother. There was never the slightest suspicion of a swing in his blow; it came away from the shoulder like a shot from a gun, and was almost as deadly in its action.

Amongst the best of the latter-day exponents of right-handed hitting mention must be made of Ben Jordan, who has gained most of his victories by his heavy body blows with the "auctioneer." His favourite stroke is to get close up to his opponent and drive the right home heavily on the short ribs or the kidneys—the latter for choice. When he fought Harry Greenfield he beat him solely with the right, while, when he met Eddie Curry, of New York, a similar thing happened. I do not remember to have seen a contest in which there was so little left-handed hitting

as there was in the contest between Jordan and Curry; but the latter was helpless in the hands of such a punishing performer as the Englishman, and was well beaten in seventeen rounds.

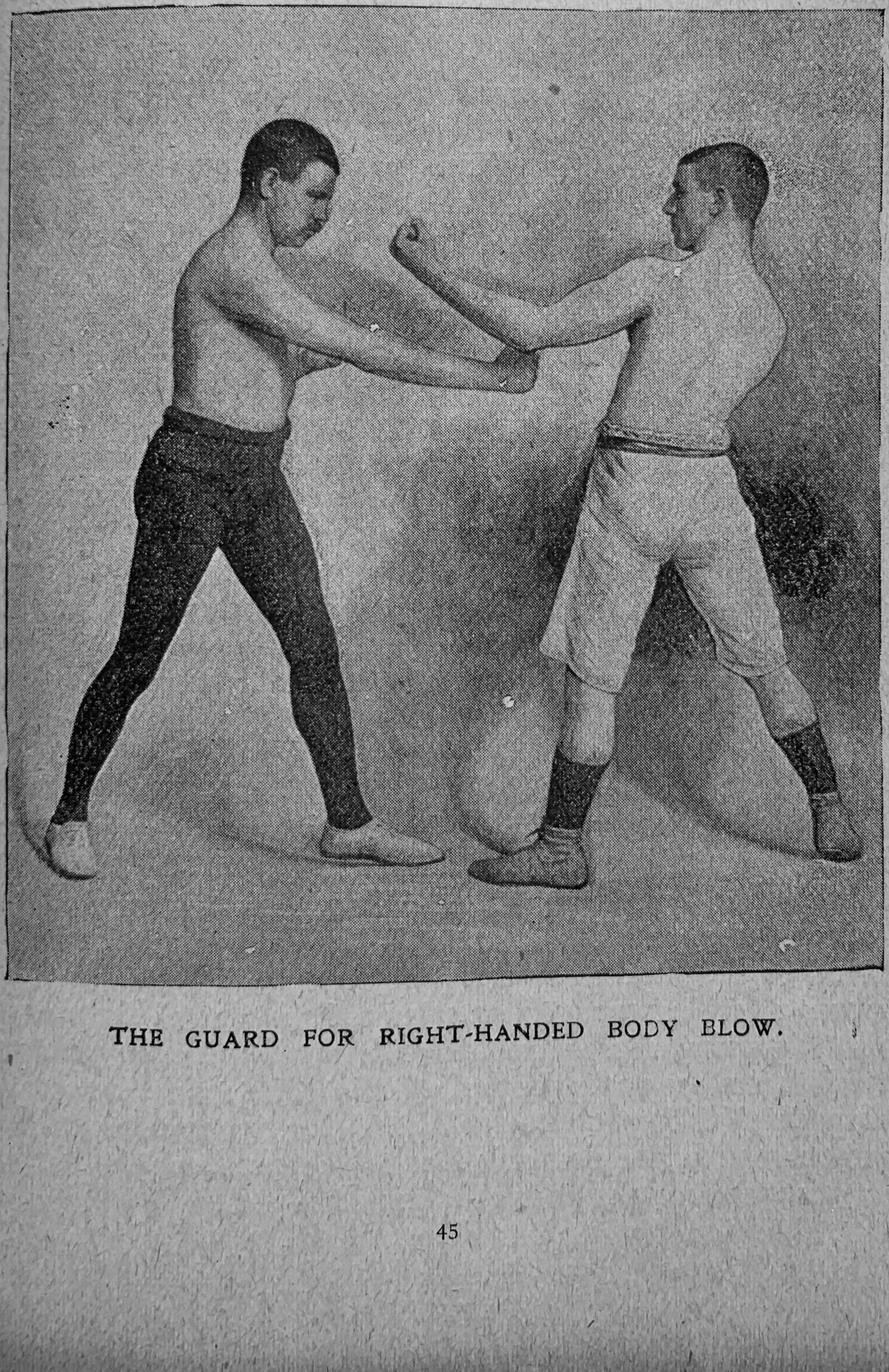
The Guard for Right-handed Body Blow.

The best guard for this dangerous blow is to spring back. In treating of the guard for the left lead at the body it will, perhaps, be remembered that I deprecated this method of defence, but in the case of the right-hander there is hardly any other means of avoiding it. Therefore, the novice must carefully study the art of just getting out of range. In almost every instance it will be found that there is a desire to jump back too far, but after a time you will instinctively know how far to retreat, so as to avoid the blow by an inch or two, and always bear in mind that the more accurately you can judge this the better will be your position for your next move.

If your opponent's blow misses you by an inch, you can go at him all the better from not having placed too great a gap between you. Be careful, however, not to draw the line too close, for great experience and accuracy of eye are needed before you can gauge correctly the length of a man's reach. On the other hand, never step back too far, for the reason previously given, and also because it is a useless expenditure of force. In a lengthy encounter every unnecessary move that you make is a distinct loss to you and a clear gain to your opponent. No matter how strong a man may be, he has only a certain measurable quantity of energy, and towards the end of a long and stubborn battle he will require every ounce of it.

If you cannot jump back to avoid a right-hander on account of the close proximity to the ropes, the best thing for you to do is to make a half-turn to the right, at the same time covering the ribs and heart, with the left arm at right angles, so as to cover the pit of the stomach.

There is still another method, which, however, requires



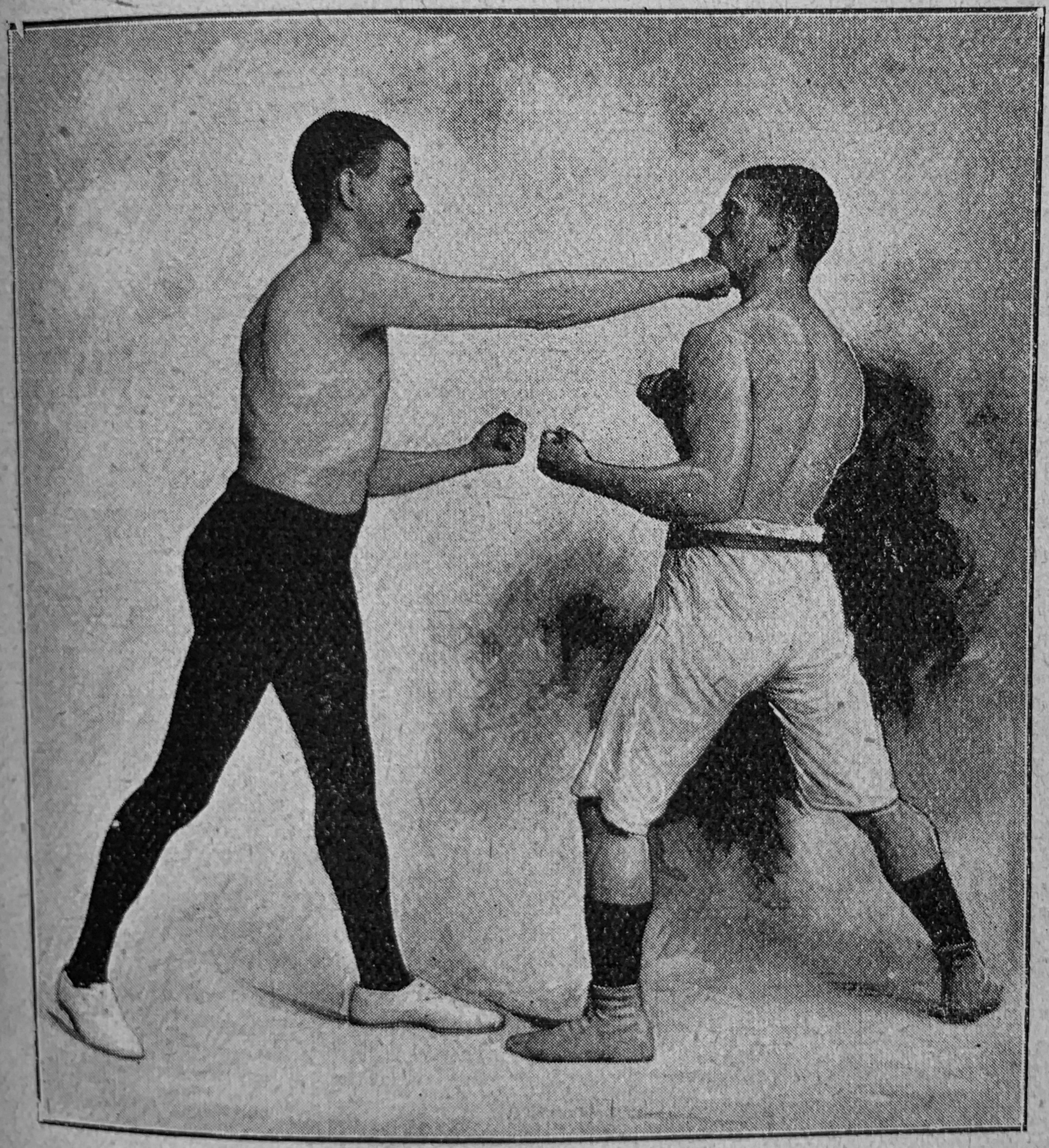
THE GUARD FOR RIGHT-HANDED BODY BLOW.

much practice, and that is, to shoot your left downwards and outwards, so as to glance the blow off, and then shoot out your own right at the jaw. If you can manage to do this in time, it is a most effective means of blocking the blow, while your opponent's head is in a most favourable position for a heavy jolt.

The quick step backwards is, however, preferable to all other methods, especially if your opponent is stronger or heavier than yourself. Having avoided the right-hander, you must attack at once, if near the ropes, or he will rush you on to them, and cause serious trouble. Let fly the left at the head, and then step quickly to the right with the right foot, which will at once relieve the pressure and enable you to take the centre of the ring. There is always the certainty in delivering a right-hand body blow—or a left hand either—of "giving the head"; that is to say, your opponent's head will come forward and downward as his arm goes out, and will be open for a straight left-counter. This is a most punishing and effective stop, and the quicker you let go your left the better chance you have of escaping the blow, because you draw the body in and away from the coming stroke, and by so doing propel the shoulder forward with greater speed, which means additional power to the counter hit.

Right Swing at the Head.

Having exhausted all the regulation straight hits and their corresponding guards, I now come to the swinging blows. Compared with those same straight hits, the swings are, comparatively speaking, quite new, having been introduced by the American school of boxers. In the old days, a swinging blow was never tolerated in any of the recognised sparring rooms, and anyone putting it into practice would have been at once pulled up. The swing, he would have been told, was the hall mark of ignorance and incompetence, and unless a lad could keep to straight hitting he had better make room for someone else.



RIGHT SWING AT THE HEAD.

Now, I am sorry to say, all that is changed, and it is rapidly becoming the exception, rather than the rule, to see clean straight hitting in either boxing clubs or public rings. Mind, I do not condemn the swing altogether; in fact, it is occasionally a useful stroke, if properly delivered, but great care has to be exercised, or the striker will do more injury to himself than to his opponent.

If a careful examination were to be made of the average present-day boxer's hands, it would be found that fully seventy-five per cent. were suffering from a more or less serious injury to the thumb joint, caused by wild and unscientific swinging. A blow should always be delivered with the back of the glove—i.e., that part covering the third joints of the fingers; and if that is done no injurious effect will ever be felt. Many a promising youth has been ruined at the very beginning of his ring career by swinging blows. The tendency is to land a blow with that portion of the glove covering the base of the thumb, with the result that the joint becomes weak and swollen, and liable to "go" at any minute.

The main difference between the straight and the swinging blow is that, while the former is generally aimed at and lands on the front of an opponent, the latter is almost invariably planted on the side of the head or body.

Now, as to the modus operandi. I will suppose that you have been attacking your opponent in the ordinary way. A succession of straight left and right leads at the head and body have been met with a perfect guard in every instance, while now and again you have been countered smartly. You are naturally in a bit of a tangle. Now, the first thing to do is to disguise that from the man in front of you. Never let your opponent think you are at the end of your resources, or he will begin to bustle you about, and trouble will probably follow.

Step in briskly with the left foot, and at the same time feint with the left. Naturally your opponent will attempt to guard the blow, when you should at once swing the right

with all your force for the point of the jaw. It is a half-circle hit, and the arm is slightly bent in its delivery.

One thing in particular must be remembered in connection with this blow—it should only be attempted when a straight lead fails, or when the man in front of you is a trifle flustered. Boxers usually keep this blow in reserve for knocking-out purposes.

It should be noted that in order to properly preserve the balance of the body when delivering this hit the heel of the right foot must be well off the ground, and the ball of the foot acting as a pivot, and doing all the work.

Considerable practice will be necessary before any degree of proficiency is arrived at in this particular stroke. As I have before remarked, the great tendency is to hit with the side of the glove instead of the back, and therefore, when the novice attempts the blow for the first time, he must be careful not to put too much force into it.

In connection with the swing, it should be remarked that the Americans, who may be said to have originated it, very seldom make a mistake and land with the thumb. They are as quick as lightning with it, but the blow is invariably landed with the back of the glove. I have examined the hands of nearly every American boxer who has visited England of late years, and only in one or two instances have I discovered any injury to the knuckles that could be directly attributed to a clumsy or misapplied swing.

With the invasion of the American brigade some years ago the blows created quite a sensation in English fistic circles. I well recollect the scene at the old Pelican Club, when George Dixon, the black bantam, beat Nunc Wallace. At that time the latter was regarded as the very finest exponent of boxing at the weight in England, if not in the world, and Dixon's speedy downfall was looked upon as a certainty.

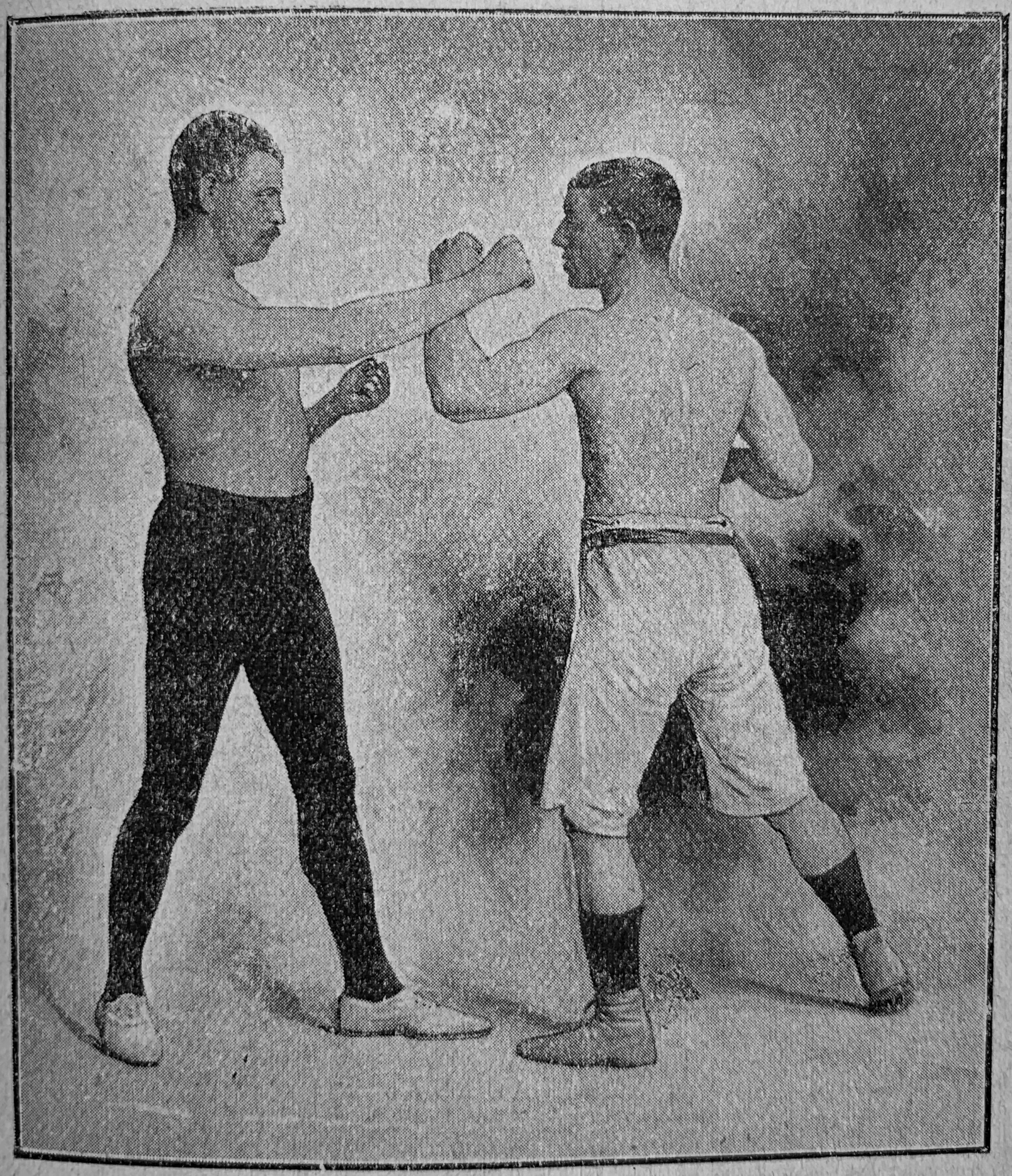
Before the lads had been together a couple of rounds, however, it was seen that the hitherto invincible Englishman had at last met his master, and that nothing but a chance

blow could save him from defeat. Dixon swung both hands continually at the head and body, and although there appeared a tremendous lot of chance work in his style of boxing, every blow was sent on its errand with some definite object. The manner in which that long right of his was sent jolting up against the Englishman's head was a perfect revelation, not only to Wallace, but to his friends and supporters. His left, too, was hardly less deadly, although that was generally delivered at the body. Very few lads could have stood in front of that awful pounding for any length of time. Wallace fought with the courage of despair, and succeeded in keeping his end up for eighteen rounds; but he was to all intents and purposes well beaten long before that time, by the deadly swings of the little nigger.

Guard for Right Swing at the Head.

As will have been gathered from the foregoing remarks, the right hand swing at the head is a somewhat dangerous blow to attempt. It should be patent to almost everyone that in attempting it the striker throws himself at the mercy of his opponent's right hand, while if the blow is guarded in the manner described below there is a chance that he will break his forearm.

Directly you see the blow coming, bend your left arm, throwing your elbow upwards and outwards, bracing it at the same time so as to receive it at or near the elbow joint. As before remarked, this may result in your opponent breaking his arm; in any case, it will cause him considerable pain. Before he can recover, send out your right at the ribs with all your force, and in all probability you will then be in a winning position. This method of defence, of course, requires a certain amount of strength in the forearm, and if you do not receive the blow exactly on, or at any rate within a couple of inches of the elbow joint, you are yourself liable to get a nasty jar. I therefore give another method of guarding the blow for the benefit of those lads whose physique is not of the strongest.



GUARD FOR RIGHT SWING AT THE HEAD.

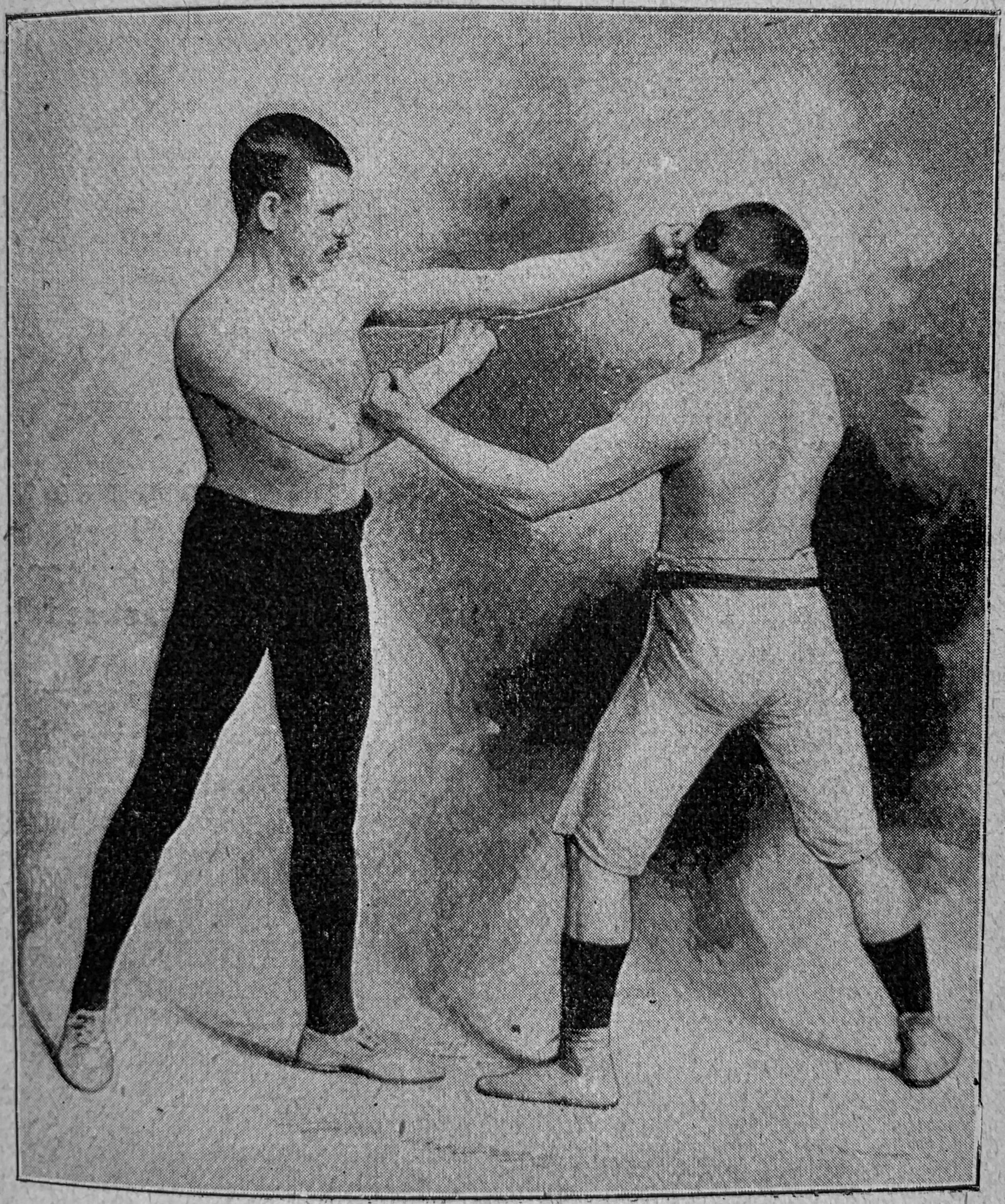
When your opponent lashes out step back about six inches with the right foot. That will enable you to escape contact altogether, and as there is always a considerable amount of force in a swinging blow, your opponent will be thrown off his balance, and be absolutely at your mercy. The right hand must then be your weapon, and if you do not fetch him down and out with a blow on the jaw, then all I can say is that you have not been a very attentive reader of the Boxing Guide.

The Left Swing at the Head.

This blow, unlike the right swing, is one of the most effective strokes in the whole range of the American style of boxing. There is little or nothing to be feared in putting it into force, and, properly delivered, it is almost as effective as the straight shot at the head. It is in many cases the sole means of attack adopted by our American cousins, just as the straight left used to be with our lads a decade ago.

To see it in its perfection you must watch a McCoy, a Ryan, or a Corbett, as there is as much difference between the left swing at the head delivered by them and the wild swipe one sees at the ordinary boxing halls—which passes for the genuine article—as there is between chalk and cheese.

Take McCoy, for instance. Sparring easily and naturally, he advances cautiously to the attack. His arms swing gracefully, his legs work as he breathes, without a suggestion from the brain. He distributes the defensive exertion as equally as possible, so that no one set of muscles may be more tired than the other. He steps away from one blow, parries another, and ducks away neatly from a third. A rapid feint with both hands sets his opponent on the worry, then in he springs, letting his left hand drop slightly as he does so, and with an upward, semi-circular action aims a blow at the point of the jaw



THE LEFT SWING AT THE HEAD.

or side of the head. Not an ounce of strength is wasted as he does all this; the full force of the blow lands on the point aimed at.

Now, watch his feet as he sends in his favourite shot. In springing in he plants the left firmly on the ground, while the right is raised slightly. His right arm is ready to ward off a possible counter, and his head is inclined downwards, so that at the worst the return blow will land high up on the side of the head, and not on the jaw. He jumps back, too, like an india-rubber ball rebounding from a wall, and before his opponent has realised what has taken place, the whole performance has been repeated.

Such is the left swing at the head, as it is delivered by a past-master of the art.

The swings, however, that are so common with the generality of boxers are totally different. They are merely swipes, and they spoil more good fights and good hands than all the rest of the bad tricks practised by boxers put together.

One of the very few Englishmen who puts the left swing at the head into use in an artistic manner is Charlie Mitchell, and in connection with him it may be remembered that after his first journey to America he became exceptionally expert in its use. After delivering a swing, however, he did not as a rule jump back again, preferring to have a rally at close quarters. With the exception of Jack Dempsey and Griffo, it is doubtful if there was ever a boxer who accomplished such marvellous results with the swinging blow, followed up by in-fighting, as Mitchell. Both hands went to work with the rapidity of lightning, and it is safe to say that he effected more damage in that way in the space of twenty seconds than many boxers would accomplish in a like number of minutes.

The champion feather-weight of the world, Terry McGovern, is another, and in some respects a better, example of the swinging style, inasmuch as he does not depend so much upon in-fighting as Mitchell. His victories have

mostly been gained by the swing alone. To see him in the ordinary way one would never credit that he could put such power behind a blow. He spars round an opponent, waiting for an opportunity, and then having measured his distance well, he steps in, plants a blow, which is like nothing so much as a mule kicking, and is then away again at once.

With such tactics at his command, a light-weight will often fight a heavy man all over the ring without coming to close quarters, at which weight would inevitably tell in favour of its possessor. McGovern was quick to realise this, with the result that he was able to successfully cope with men some pounds heavier than himself.

When Corbett fought John L. Sullivan for the Championship he made great use of the left swing; in fact, it would not be too much to say that he won the fight with it. Sullivan being a right-handed slogger himself, watched his opponent's "auctioneer" like a cat, expecting to see it launched out every second. But Corbett made little or no use of that weapon for offensive work, until quite the end of the battle. His left, however, was always busy, swinging, hooking, and jabbing, and eventually it rendered the once invincible Bostonian as helpless as a baby.

In meeting Sharkey, however, Corbett did not have such an easy job, as the sailor had been assiduously coached to beware of that particular blow; and so well had he been taught the means of discounting the stroke, that it did him comparatively little harm.

Finding that the swing was unavailing, Corbett tried the straight left, but the blow was not to his liking, and Sharkey scored all along the line. The fact of the matter was that Pompadour Jem was not brought up in a school where the straight left was regarded as the only recognised means of attack, and as soon as he found that the sailor boy was able to stop his favourite blow he began to get worried. That is the worst of a one-blow boxer; he figures out a certain stroke and expects to win battles by it alone; if

he fails to beat his man he is to all intents and purposes a beaten man himself. For that reason I have never regarded Corbett as a really first-class man, although he at one time held the Championship.

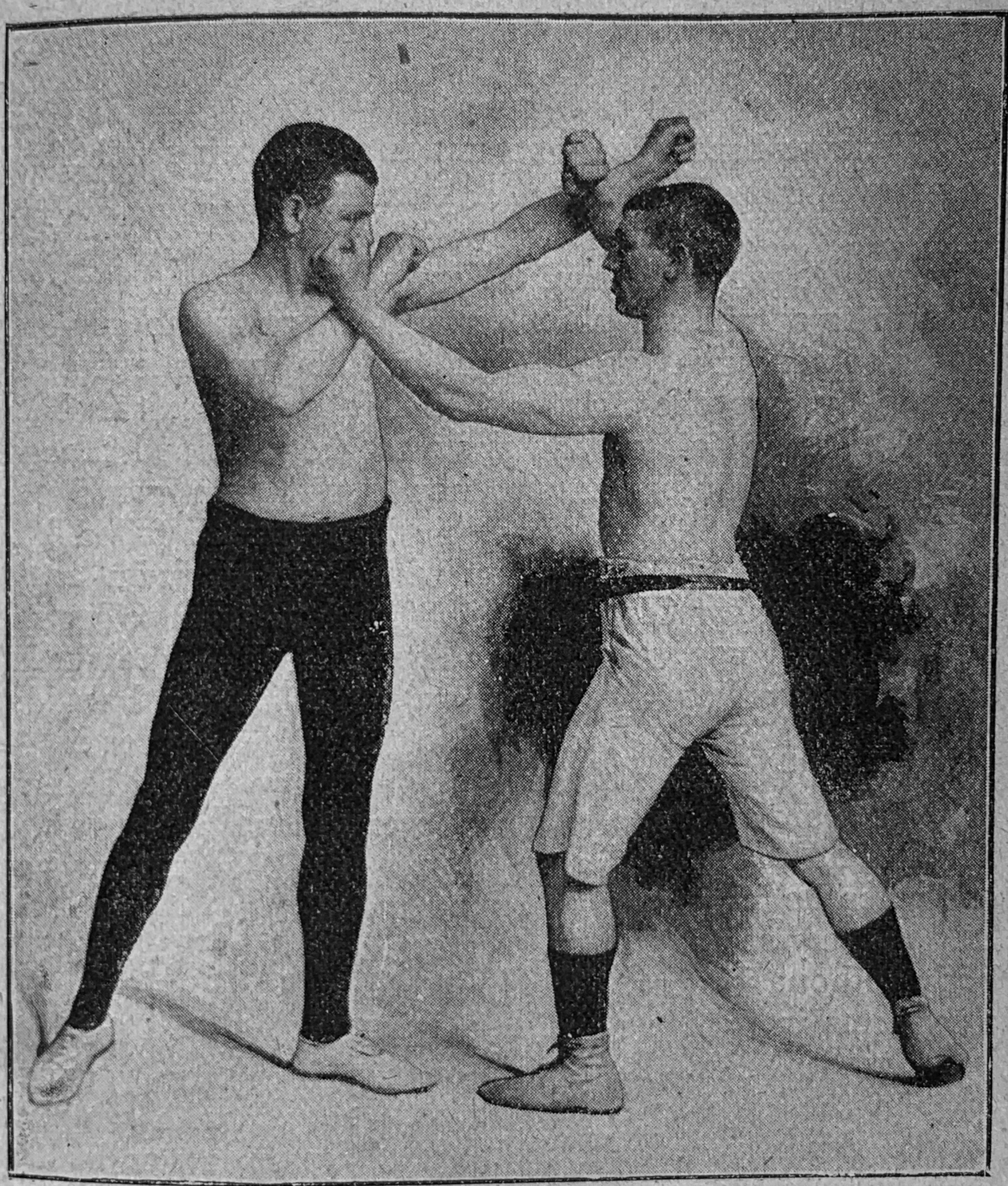
Guard for Left Swing at the Head.

Although the guard for the left swing at the head is practically the same as that for the straight left at the head, considerably more care has to be exercised in the movement. In the case of the latter, it is a comparatively easy matter to so shoot out the right arm as to glance the blow off without causing the slightest jar; in fact, the very straightness with which the blow is delivered materially assists in the operation.

But with a swing it is totally different. There must at all times be a certain amount of jar, and in some cases it is so pronounced as to break one of the small bones of the arm. On two occasions I have seen an accident of that nature in the Ring, while times out of number I have been witness to less serious, though hardly less painful, occurrences.

There is only one correct method of guarding the blow. Directly you see the swing coming, throw out your right arm, well bent at the elbow, and with the wrist turned outwards as far as possible. The hand should be rather above the level of the forehead. Brace the muscles of the arm just enough to keep the blow from reaching home, but do not, on any account, keep it absolutely rigid. The object in turning the wrist outwards is to catch the blow on that part of the arm most covered by muscle, which acts as a sort of buffer to the bone. When the contact does come, give with it just a trifle, after the manner of a man catching a swiftly-thrown cricket ball.

As soon as you have warded off the stroke, try a left lead at the head or the body, whichever is the more exposed. Personally speaking, I prefer the latter, as the swing of your opponent's body brings it within range, and if you are



GUARD FOR LEFT SWING AT HEAD.

smart you can get home a very nasty dig. On the other hand, however, a tap on the jaw, delivered very quickly, will frequently upset a man, as his balance is none too good if he fails to get home his swing.

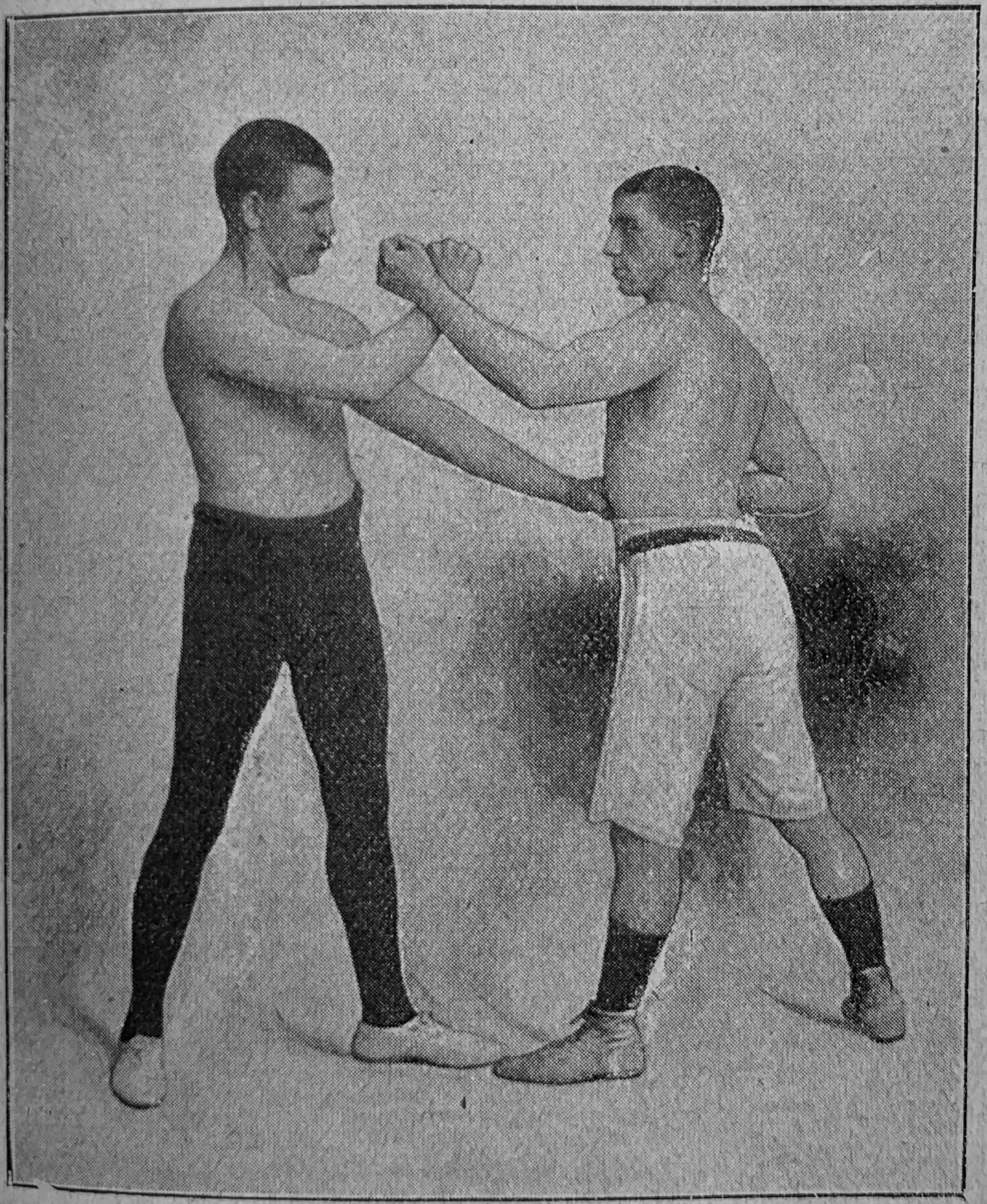
Left Swing at the Body.

Whenever I see a boxer attempting a left swing at the body I always think of that great Australian pugilist and boxer, Frank P. Slavin, who had one of the most dangerous body punches I have ever seen. Very seldom was it necessary for him to administer two blows of that nature to any man. In his contest with Joe M'Auliffe at the Ormonde Club he practically won the fight with a left swing at the body, though a sharp jolt on the jaw materially helped Mac on his journey. Unfortunately, however, Slavin was a one-blow fighter, and if that terrible body punch failed him, he was done for. In his fight with Peter Jackson at the National Sporting Club he tried time and again to land it, but the black was prepared, and sending out a straight left at the head he kept Frank at bay, and ultimately beat him.

It is not a bit of good for a lad to think of succeeding in the Ring by making a study of one blow only; he must have a thorough knowledge of every blow and guard, or he will find that, like Slavin, his reign will be a very short one when he faces good all-round men.

It is very seldom that you can get in a good swing at the body without feinting. The majority of boxers carry their right arms in such a position that a left swing at the body is an impossibility. To get rid of that right, then, you must feint at the head in a determined manner with your left hand. Directly he brings his guard up spring at him, at the same time drawing back your left hand and swinging it in a half-circle for your adversary's right side. Be very careful, however, that as you deliver your blow you duck smartly to the right to avoid a possible cross-counter from his right hand.

If the blow gets home, it is most effective, and after a



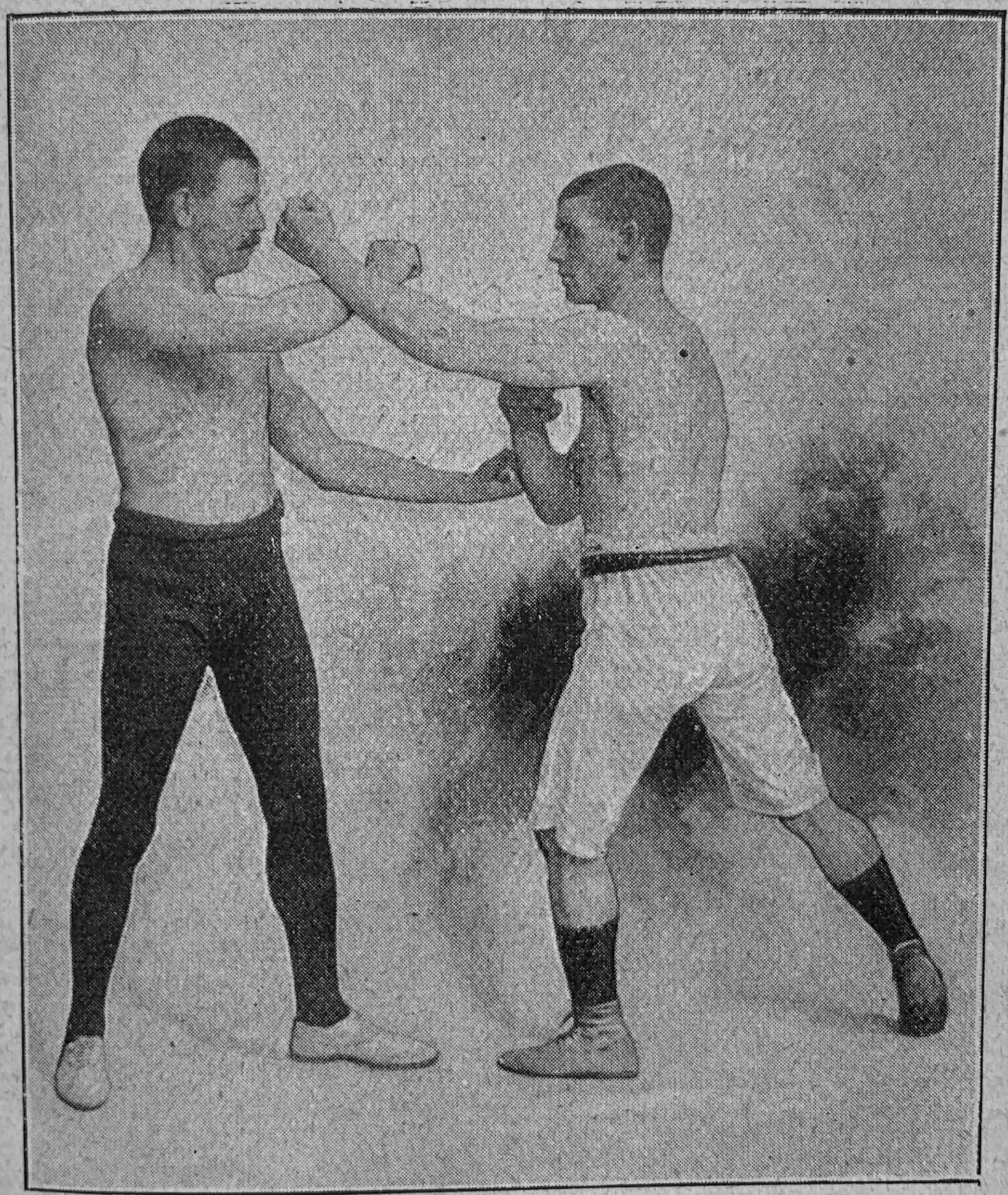
LEFT SWING AT THE BODY.

little practice you can put an astonishing amount of force into it. Apart from the instance I mentioned at the beginning, I have seen scores of capable men brought down through the instrumentality of that same left swing at the body. It was often used by Jem Hall, the Australian middle-weight, who in his contest with Ted Pritchard welted the latter continually. Pritchard was terribly nonplussed by it, and there is little doubt that his downfall that day was brought about by the swinging blows at the body delivered by Hall. Bob Fitzsimmons is another famous exponent of the swinging body blow, although he is ambidextrous, and uses the right just as often as he does the left.

Guard for Left Swing at the Body.

With the prospect of encountering a left swing at the body at any time it becomes necessary for everybody who takes up the noble art to study carefully the best way to guard against it. Extreme watchfulness is one of the most important things in connection with this guard. You must learn to divine your opponent's intentions; that done, the rest is easy.

I will suppose that in sparring your adversary has feinted at your head, and that your right arm has instinctively gone up to throw off the threatened attack. The blow, however, instead of being delivered at your jaw is coming like a stone from a sling for your ribs, and already you are beginning to brace yourself up to bear the impact. Drop your right with an outward movement, and catch the blow on the thick part of the forearm. It is by no means a graceful movement, but this is one of the occasions when elegance is at a discount, and the one thing necessary is to keep out a dangerous blow. Having averted the danger, try a right cross at his head; it sometimes comes off, and is a most effectual means of stopping any subsequent attempts of a like nature. The generality of boxers, however, who



GUARD FOR LEFT SWING AT THE BODY.

try the left swing at the body invariably duck well away when they lead, for they are alive to the danger.

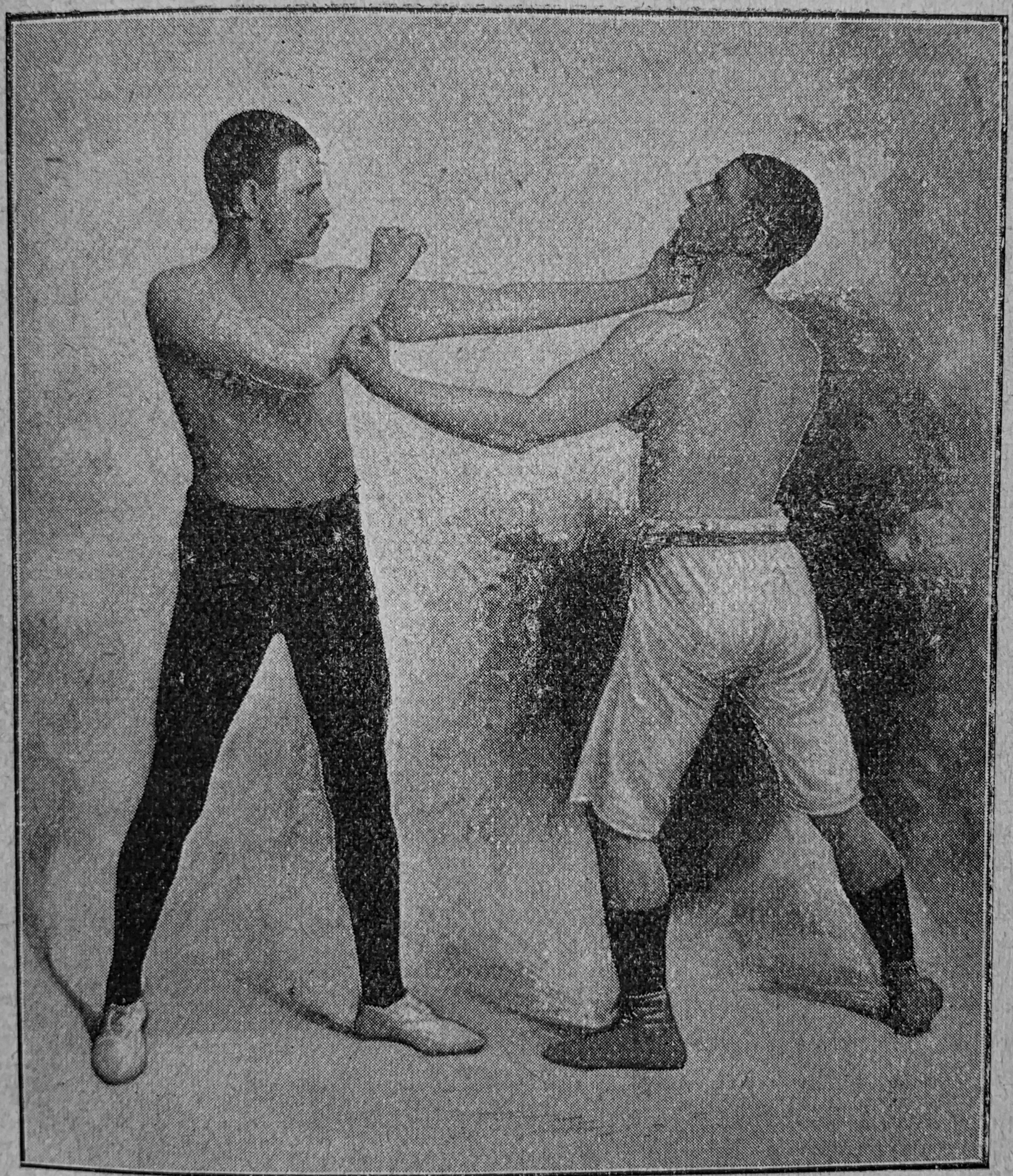
There is another method of parrying this dangerous stroke, and that is to throw the right forearm firmly across the body and receive the blow on the elbow; but it is not so sure a way as that first described.

When opposed to a man who habitually swings at the body it is a capital plan to employ the left counter at the head, which my readers will doubtless recollect is a combination of attack and defence. It was solely by that means that Peter Jackson kept Slavin at bay in their memorable encounter. I shall never forget the sight of that long, straight left of the nigger's shooting out as Slavin swung, and catching the white man full on the front of the chin. On one or two occasions Frank's head was sent back with such a jerk that I thought his neck was broken. The black had so intimate a knowledge of the other's methods that there was hardly any necessity for him to guard the swing in the orthodox manner, and he therefore adopted the left counter at the head. Such tactics, however, require great nicety of judgment, and should not be attempted by the beginner. After a few months' constant practice it will be time enough for that.

The Left Upper-cut.

There are few more effective strokes in boxing than the uppercut, and yet, for some reason or other, it is seldom seen either in England on in America. In watching a lengthy contest with any degree of interest one is sure to see endless opportunities for it, but with the exception of perhaps a couple of men, I do not remember to have seen this valuable stroke used at all.

In nine cases out of ten when your opponent strikes for the body with the left hand he will duck forward and to the right. That is your opportunity; step in, drop your left hand, draw back the arm, and hit him with all your force on the face. When the blow is properly delivered, the



THE LEFT UPPER-CUT.

knuckle of the index finger should be the first to strike your opponent's head.

Nothing is likely to smarten a man up so much as a study of the uppercut. You have to be as quick as lightning or you miss your mark, and your blow goes whistling harmlessly in the air, as far as your opponent is concerned. To you, however, it means a distinct loss of energy, and if you have put an extra amount of force into the blow you are very liable to lose your balance and topple over.

I have made many inquiries as to why boxers should thus neglect a most punishing and effective stroke, but have never received a satisfactory reply. It is not that the majority of them do not see the opening, but apparently that they do not act quickly enough when the chance comes their way. This is greatly to be deplored, as the guard for this stroke is not at all easy; in fact, it is somewhat ineffective, as I shall presently explain.

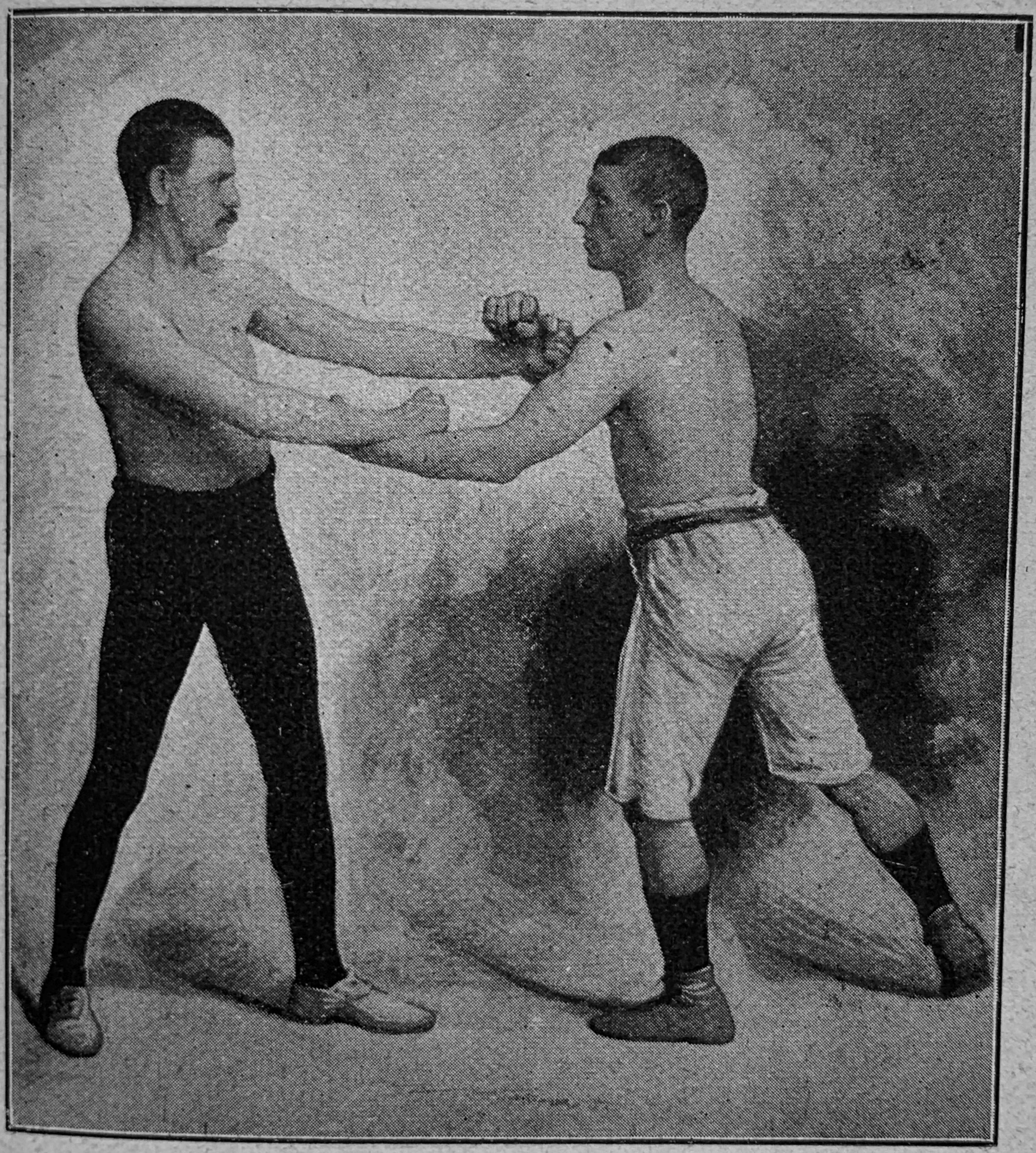
Even amongst the best amateur clubs, where the members have the advantage of the very best advice, one seldom sees a man deliver a really good uppercut. A few attempts are sometimes made, but whatever crispness they possess is generally wasted on the desert air, and the attacking party come off with the worst of the deal.

Now, what I want to impress upon the beginner very much is that he should practise the uppercuts—both left and right—assiduously. Once perfect in the stroke, you will have a weapon at your command almost second to none, and one moreover which is used so little amongst the regular performers that you are safe to score with it even amongst men who have been boxing for years.

Of the two, it will be found that the left-handed stroke is rather more difficult to acquire than the right, but a very little practice will soon make you proficient, and will, in addition, greatly improve your quickness of eye.

Guard for the Left Upper-cut.

As I remarked when describing the blow, the guard for the left uppercut is somewhat ineffective. Suppose that



GUARD FOR THE LEFT UPPER-CUT.

you had led at your opponent's body, and that he has replied with an uppercut—the blow is practically a counter. The only real chance you have to avoid the blow is to recover yourself; but in nine cases out of ten you have gone too far to do so. What, then, is your remedy? Put your right forearm at right angles to your body so as to intercept the blow; brace your muscles tightly, as the impact is sure to be severe, and you are in danger of having your arm driven against your face.

In all probability, however, if he uppercuts at the right moment, that is to say, as you lead at the body, he will get home first, in which case you will have to make the best of a bad job.

It is very seldom that one sees the uppercut parried, even amongst the few men who make use of the stroke. They are, as a rule, caught absolutely unprepared for it, and immediately a man naps a blow of that kind his first idea is to clinch and save himself from further visitations.

And here let me say a word or two about holding and hugging. Of late years there has been an ever-increasing amount of clinching amongst the boxing fraternity, and unless some stringent measures are taken to put it down by those in authority it threatens to spoil the sport altogether. In some contests I have witnessed there has been a great deal more holding than boxing, and nothing tends to demoralise a good straightforward performer more than this objectionable practice. If referees were to disqualify men more often than they do for clinching it would greatly elevate the sport. Until they do exercise their undoubted right to do so, however, the perfectly fair practitioner has got to consider the best means of circumventing the tricks of the clincher. When you are caught round the neck, the best thing to do is to wait quietly, merely protecting the face with the glove spread out. In pulling away or resisting you are merely weakening yourself. If, however, you discover the danger before your opponent's grasp has tightened, place one hand under his forearm, the other under his

shoulder, lift his arm up, ducking at the same time and dragging your head away.

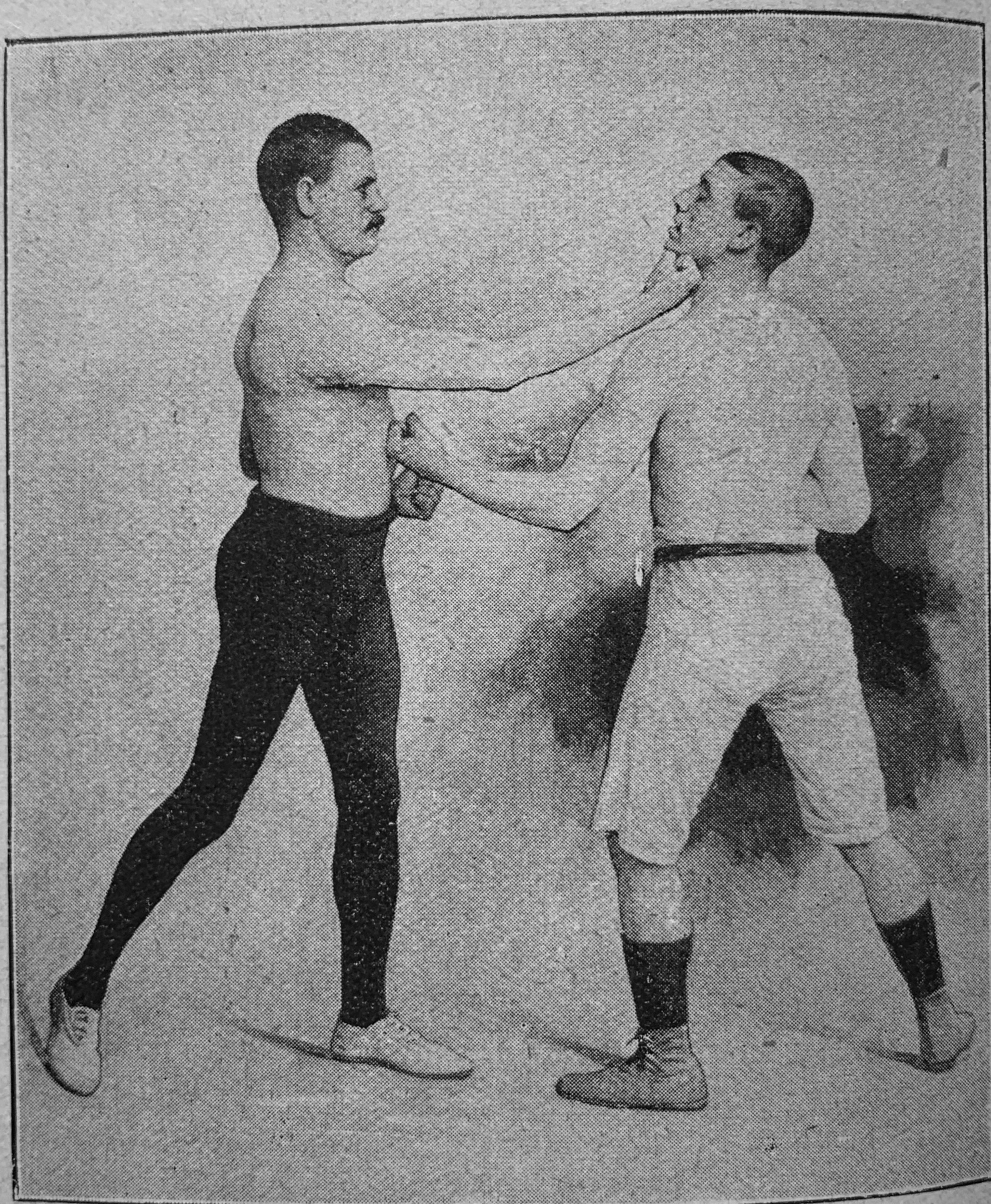
The Right Upper Cut

This is an even more destructive blow than the left upper cut. By reason of the position in which the right hand is carried in sparring, a man is able to deal a quicker blow with it than with the left. The manner in which it should be delivered varies according to the way in which a man ducks his head. Should he come straight forward, drop your right arm slightly and swing it upward in a semi-circle, under his left arm, for his face. All the weight of the body can be put into this swinging motion, making it one of the hardest hits in the whole range of the noble art.

Perhaps one of the chief exponents of this stroke in England is Bill Wood, of Clapton, and I notice that even he does not use it quite so frequently as he used to. When he first began to make a name for himself in the Ring, he created quite a "funk" amongst the lads at his weight by the deadly accuracy and force with which he put in his right-handed upper cuts. Let his opponent only bend his head forward in the slightest degree, and round would come Bill's arm with a terrific swing, and it was seldom indeed that he failed to land.

One of the first fights that Nat Smith ever had as a professional was with Bill Wood, and in that bout the latter gave a really grand display of right-handed upper cutting. Smith's straight left leads, pretty though they undoubtedly were, quite failed to stop the other's vigorous swings, and quite early in the bout the ex-amateur's face was a pitiable sight. Wood had a regular field day, and, digging his left in the belly, he plied his favourite stroke until he finally had his opponent well beaten.

On another occasion, in a trial spar with Dick Jordan, Wood showed what a remarkably effective blow the right upper cut can be made. It was, if I recollect aright,



THE RIGHT UPPER CUT.

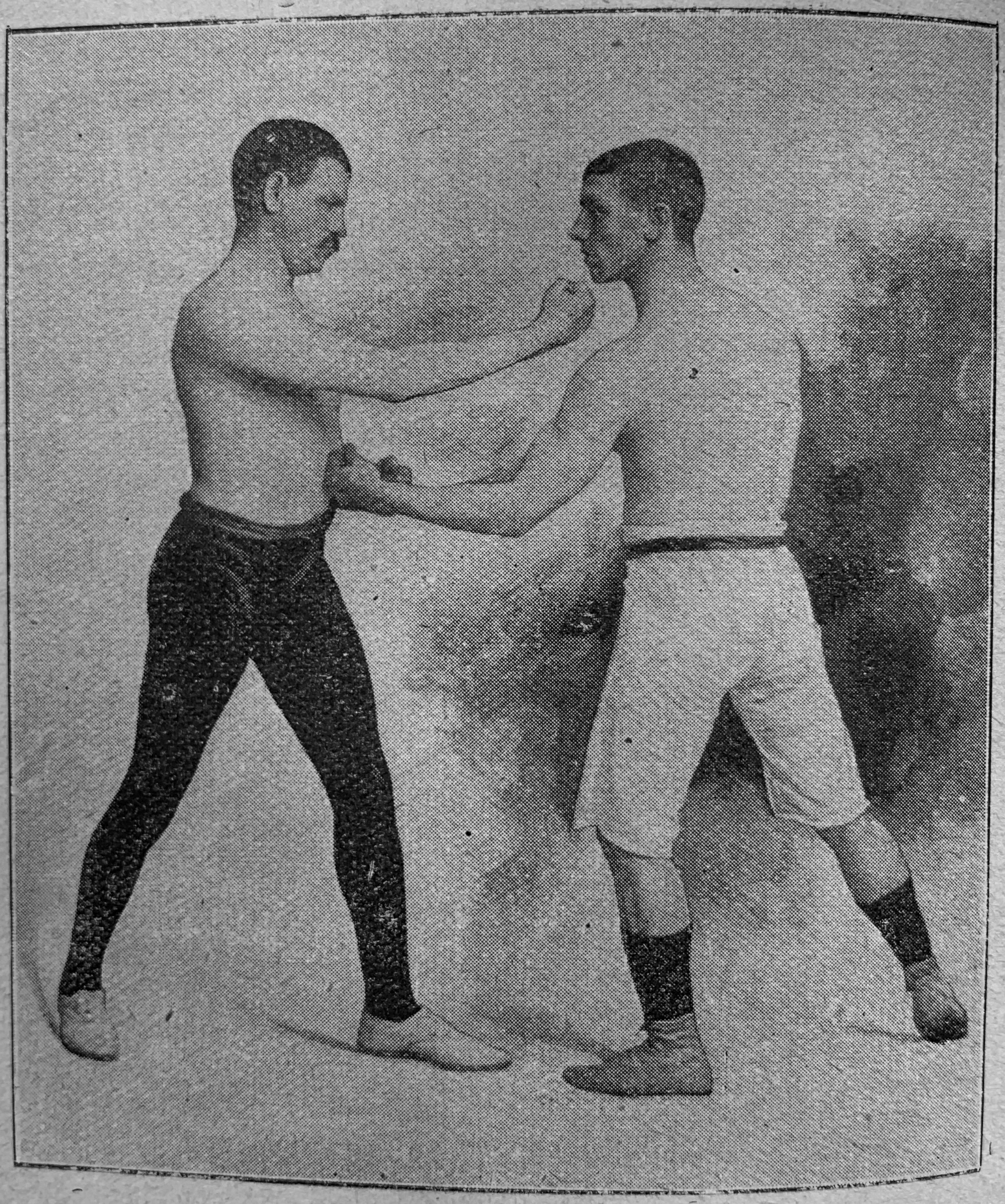
Jordan's first appearance at the National Sporting Club. He was at that time more than a stone heavier than Wood, and, anxious to make a good impression, he set about his man at a rare rate. The youngster, who had started in anything but heavy fashion, was being very roughly used when time was called at the end of the second round, and the then referee at the Club, Mr. B. J. Angle, spoke to Jordan rather sharply during the interval about the way he was using a much lighter opponent. It was speedily evident, however, that Wood did not want any favours, and when the last round was signalled he joined in the hot work as if he thoroughly enjoyed it. I have rarely seen more effective upper cutting than Master William employed on that occasion. Four times in succession he smashed the right home, and on the last occasion he almost lifted the heavier man off his feet.

I could give many other illustrations of the power of this blow, but I think the foregoing is sufficient to show that the right upper cut is a stroke that should be thoroughly mastered by everyone who has any idea of figuring in what is termed the "magic circle" with any degree of success.

Stop for the Right Upper Cut.

As before mentioned, the upper cut, to be effective, must be put into action with the rapidity of lightning, or a good straight left lead at the head will beat it. The best way to stop the blow is to straighten out your left arm to its fullest extent, keeping the shoulder well forward and the head well inclined to the right. The impact not only spoils the effect of the blow, but, in many cases, leaves a fine opening for your right.

In the engagement between Bill Wood and Nat Smith, referred to above, the latter was never quite smart enough with his left, with the result that Wood reached his objective whenever he wanted to.



STOP FOR THE RIGHT UPPER CUT.

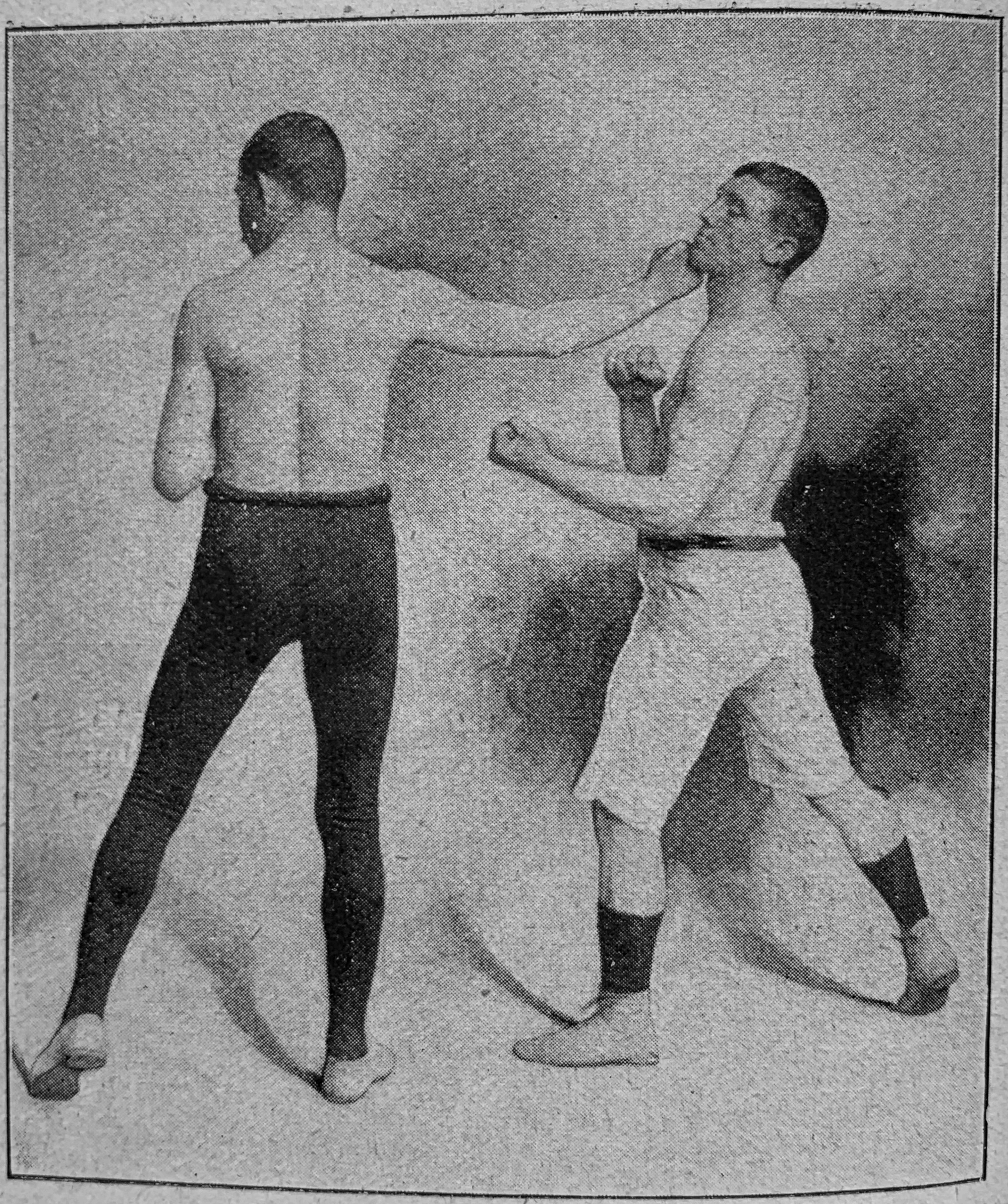
The Pivot Blow.

Of late years there has been a considerable amount of discussion in fistic circles respecting the fairness or otherwise of this particular stroke. In America the blow is barred in all contests of importance, and it is only right that it should be, not from any actual unfairness of the blow itself, but from the fact that it is almost impossible to deliver it properly—that is to say, in a fair manner—as the slightest misjudgment of distance, or your opponent's suddenly coming forward, would cause the wrist, or part of the forearm, to strike him instead of the boxing-glove.

It is almost impossible to say when this blow was introduced, but it was brought into great prominence by George La Blanche, the Marine, who knocked out Jack Dempsey with it in 1889. I have had the pleasure of boxing with La Blanche, and he showed me just how the blow which stopped Dempsey was landed. To deliver the blow, you swing round on the ball of your left foot and let fly your right at the jaw or neck. The way La Blanche got home his blow on Dempsey was as follows:

La Blanche led with his left at Dempsey's head, and missed, Dempsey ducking to the right, so that La Blanche's fist went over his left shoulder. Finding his weight on the left foot, and wishing to escape the counter, he swung round sharply, and delivered the pivot blow. Dempsey, puzzled no doubt by losing his opponent's eyes, hesitated in his counter, and whilst hesitating the blow got home and outed him.

The best stop for it is a left cross-counter. You should always bear in mind that when you are puzzled or in doubt about your opponent's intentions, you should always step back half or a full step. This gives you time to collect yourself and see what your man's game is. I remember once boxing with a young fellow, and I had been getting home pretty often with a straight left, which, being a member of a gymnasium and a crack boxer there, he did not relish. Suddenly I lost sight of his eyes, and wondered



THE PIVOT BLOW.

what he was up to. I stepped a half-step back, and the next thing I saw was the unprotected right side of his face coming sailing round. Of course I couldn't do anything but step in and let him have a straight left on the jaw, which effectually stopped his pivot and keeled him over.

As a lead off, the pivot blow is no good; in fact, a right lead of any kind—at head or body—is useless, and will never get home. Always feint or lead with the left, and then send in the right when the opening is made. If ever an opponent tries the pivot, it is such a slow hit, comparatively speaking, that you will never have the slightest difficulty in stopping and replying to it.

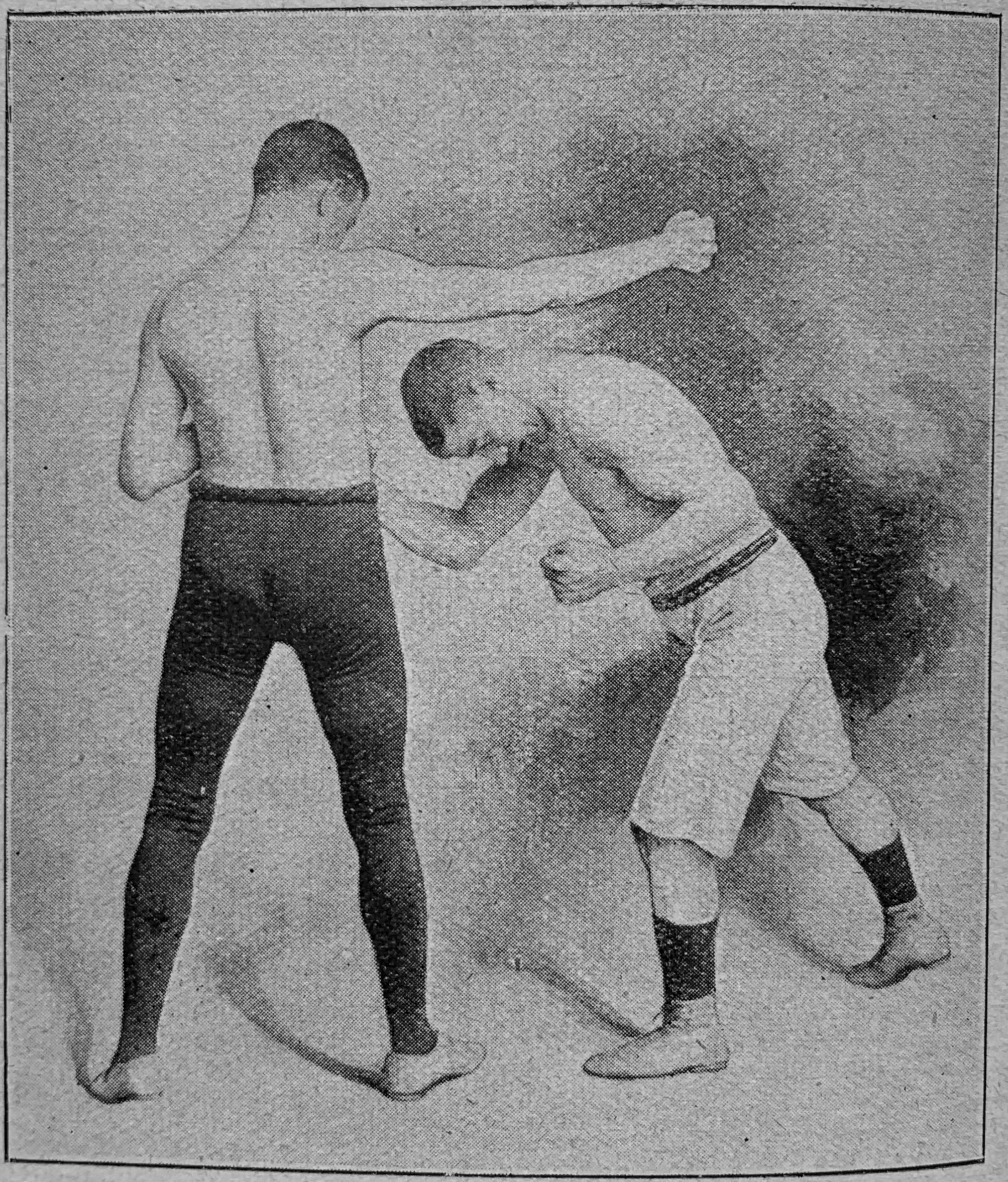
Should you feel inclined, you can bend your head so as to let the blow go over it, and counter with the right or left at the body, as that is open for either hand. The right is the better hand, though, on account of being able to hit harder with it, and you have a greater chance of getting home on the mark, which, should you succeed in doing, will surely finish your man.

Billy Plimmer is very clever at the pivot blow, but he never uses it in a contest, as he thinks it unfair. It is not allowed at the National Sporting Club.

Sometimes, but very seldom, the pivot blow is aimed at the body. Should this be done, you must guard with the right by bringing it up, like a V, and receiving the blow on the fleshy part of the forearm and the upper arm, and at the same time send your left into your opponent's kidneys, in the hollow of the back, a little on one side, and just above the belt.

Clinching and Ducking.

Although, strictly speaking, holding, even in the slightest degree, is not allowed under the Queensberry Rules, I am sorry to say that it is greatly in vogue with present-day boxers, more especially on the other side of the Atlantic. In fact, so common is it in America, that it is necessary to have the referee in the ring during the whole of a con-



DUCK AND RIGHT COUNTER FOR PIVOT BLOW.

test, in order to separate the men when they get into holds.

Momentary clinches or holds are, of course, impossible to avoid, and therefore it is necessary for the student to understand them. If your opponent is a heavier man than you are, and is crowding you by sheer weight on to the ropes, push the top of your left shoulder under his arm and with your left hand pin him round the body; this prevents him using either arm. You must particularly note, however, that in breaking away after a clinch or hold, your opponent is pretty sure to try a hit at you, so push him away smartly with both hands and at the same time jump back out of distance.

In ducking, the movement to the right is the easier, owing to the extension of the left hand when in position. You simply bow your head and pass under his arm.

Stops or Jabs.

It frequently happens in the course of a long contest that you are a bit weary, and want a little time to arrange a new plan of attack or defence. Then it is that the stop, or jab, as the Yankees call it, comes in handy. It simply consists of light counters delivered in such a way as to break the force of an opponent's blow, and, if possible, disconcert him. If he is one of the rushing brigade, a series of well-directed jabs will, in all probability, effect your object. The chief point to be aimed at is rapidity. The blows are not required to be heavy, but they must be quick. As your opponent lashes out, jab him smartly on the face with the left, keeping the right shoulder well back and the right hand held in readiness for a cross-counter, retreating as he advances. Nothing is so worrying to a man as a series of these blows when he is following you up, and they should be practised assiduously.

In-Fighting.

When you are in a tight corner, in-fighting is very often your only resource. I will suppose you are on the ropes

and that your opponent is busy punching at your head or body (principally with the right hand). Hit straight for the face with the left hand, and follow up quickly with the right at the jaw, your object being to turn his attitude from one of attack into one of defence. A rally will most probably occur, but you must bear in mind that you have got to get clear, and therefore keep encroaching upon him by every means in your power. Do not keep your feet too far apart, as both hands have to be used, and the swing of the body is best regulated when the feet are not too distant from each other; but, on the other hand, mind that they are not on the level, and that the right is behind the left, as you are sure to be upset if your feet are not correctly placed. Both hands must be used energetically, and if you can do so, drive your man back.

If he seizes hold of you behind the head with the left, in order to administer punishment with the right, you must drop your chin so as to guard the point of the jaw, slightly bend the knee, and, going with him, use the right over the heart and the left at the mark alternately. In all probability he will break away to guard those vulnerable points, when you should go for the jaw at once with both hands.

Rapidity in such a case is the one thing necessary, as it does not require a very hard blow to knock a man out on the point or on the mark if he is unprepared.

Of course, in in-fighting all the hits are "half-arm," but try and always drive them straight. At close quarters you want hard and fast driving—both hands going like piston-rods, and no blow is faster than a straight one. Keep, therefore, to straight work; throw the body well forward, and keep your face down. As each hand goes out to hit, the shoulder to which it belongs should be thrown forward with a twist of the body from the hips. Always keep, if possible, the forearms *inside* those of your opponent, thus causing him to hit round, and thereby lose power and speed. The knees may be bent more than at out-fighting, and you should always try to keep your opponent moving back-

wards, by driving him with your blows, thus making his hits lose their force, and exposing his body to heavy, half-arm right-handers.

There is no doubt that a good in-fighter has a much better chance at close quarters with a long-armed opponent than the latter has with him. If your man be taller and longer in the reach, you will have very little chance at out-fighting with him, supposing, of course, that you are both about equal in science. But if you are a good in-fighter, it would be your plan to get to close quarters as quickly as possible, and then, when you had got him down to your own height by body blows, you could keep at long range and counter or cross-counter as opportunity offered.

Right-Handed Boxers.

At the present time there are very few right-handed boxers before the public, and as time goes on there is every probability that they will die out altogether. As, however, it may happen that at some time one or more of my readers may be called upon to face a man who stands right foot foremost, a few words on the subject may not be out of place.

In the first place, never be afraid of such an opponent; standing in the orthodox position you have great natural advantages over him, in addition to the fact that you may be sure that he has never been taught boxing in any recognised school, or by any capable teacher. The man who stands right foot first is a rough-and-ready fighter, with, as a rule, only his strength to recommend him.

The whole of the right side of the body is open for you to hit at, and at that you should pay great attention, while, although he may be a very hard hitter, he is very seldom a quick one, and it is certain that he will have more difficulty in getting at you than you will have in landing on him.

In the first place, he can only reach the back of your head with his extended right hand, and as this is the slower hand of the two, you can easily see it coming, and either step in and stop it with a straight left jab in the face, or

avoid by ducking to left or right, and cross-counter with the left. If he strikes round—which in all probability he will do—you should merely draw the head back to allow the blow to pass by you, then step in and deliver the left as your man swings round from the force of his own blow. You can use the left either at head or body in this case.

Should your opponent indulge in straight leads with the right you can parry, if you choose to do so, with your left; but take care to keep the left arm well advanced, and having stopped his lead you have an excellent opening for a straight counter with the right, up or down.

I would advise the young aspirant to boxing honours to practice, whenever an opportunity offers, with a right-handed man, as this will get you accustomed to the somewhat awkward and puzzling style. You will very soon be able to master the difficulty it presents at first.

You will find, after a few minutes' practice, that the only difficulty that presents itself is where you shall hit your man first. You can lead at him with right or left, you can counter or cross-counter with either hand, and you will not find any or the slightest difficulty in foiling and punishing his attempts to hit you. The kidney blow can be used here with great effect, as after you have avoided his right lead at head or body, you will find an opening for the left over the kidneys as he swings round. Practice guarding his hits with both hands, then try avoiding and ducking, and you will very soon be the master of the right-handed boxer.

Bandages.

Much discussion has arisen at various match-makings as to whether or not bandages shall be worn by either contestant, or by both. The bandages are purely an American innovation, and in them we find a true index to the styles of the two countries. In England straight hitting has been practised since before the days of "Gentleman" Jackson, whilst the Americans have reverted to the swinging methods of the days of the cestus. So long as one hits straight, one

need have no fear of injuring the hands; but there is always a grave danger of seriously damaging the knuckles when the straight work is departed from. The Americans were not long in finding this out, and as they were unwilling, or unable, to alter their style, they were compelled to seek a remedy elsewhere. Bandages suggested themselves, and were adopted, and no doubt they are excellent things. They are of two kinds—the hard and the soft bandage. The hard bandage is seldom used, being usually objected to. It consists of a long strip of stout calico or canvas, about one and a half inches in width, and this is wrapped round the hands and between the fingers in a way well understood by the trainers and seconds of American boxers. Of course, there are various ways of bandaging a man's hand, every trainer having his own style, though, practically, they differ very little, the result, protection and support, being the same in every case. For a man with "bad hands," i.e., weak hands, bandages are an excellent thing; in fact, I know several boxers who could not punish at all if their hands were not well supported and protected by them.

The other kind of bandage—the soft variety—is frequently used, and I remember both Paddy Purtell and Dick O'Brien having their hands swathed in the long, white, narrow linen strips when fighting Lachie Thompson and the Coffee Cooler respectively. Jack O'Brien always wears bandages of the soft kind, and no doubt derives great benefit from them. They are most useful appliances, and will no doubt be more used by English boxers than they are at present, more especially as we are acquiring our American cousins' habits of swinging and hooking.

Training.

The subject of training is one about which there has always been a great diversity of opinion. I do not suppose there are two men living who are of exactly the same temperament, and for that reason no two men ought to be subjected to exactly the same treatment when undergoing a

course of training. Still there are many things which must be done in every case, and therefore I am going to give a few hints which will be applicable to all. What is wanted to be attained by the process of training is improved health, strength, and bodily activity, so that the power to keep up continued exertion over and above what can be done in a state of unpreparedness may be much increased.

Now, the first thing to do is to get a good trainer, and the man you want is some jolly, good-natured man, who will be able to cheer you up when you get a bit low-spirited, as no doubt you will when at work, and at the same time he must be a good reader of character.

The first consideration will be the period to be devoted to the work, and that, of course, is in a large measure regulated by a variety of circumstances, not the least important of which is the time the person can afford to devote to it. Where, however, time is no object, the duration of training varies according to the condition of the person undergoing it, those who carry much fat obviously needing more than a man of spare habit. With the average man, however, from a month to five weeks will be quite sufficient, if the whole of the time can be devoted to the work, which I assume it can be. It is, of course, desirable that country or seaside quarters should be secured, not necessarily far from home, but somewhere where change of scene and plenty of fresh air are obtainable. Arrived there, the first thing for a trainer to do will be to study the condition of his man's health, which I will take for granted is that which is generally described as good, rude condition.

No matter in what shape he is, however, he is nearly sure to want a certain amount of physicking, and I would recommend the following: Mix together 2 oz. Epsom salts, 1 oz. senna leaves, and 6 oz. Spanish liquorice. Place the whole in 3 pts. of water, and boil until all is dissolved. When cool, bottle off. This should be administered as follows: A small wine glassful every morning before dressing for the first week, half that quantity during

the second week, and after that a dose every third or fourth day. This medicine will not weaken a man in the least, but will cleanse the system thoroughly and keep him in good health. By the way, a man should always be out of bed at sunrise every morning through his training. Directly he gets out of bed he should be sponged down with cold water, and then into a suit of flannels as soon as possible. A point should be made of seeing that he thoroughly cleans his teeth, as stomach troubles will be sure to make their appearance if he neglects it.

An egg beaten up in a glass of good sherry or port should then be given, following which a walk of about a mile will make him ready for breakfast. In place of the walk, however, any light exercise will do as well, and it is a good plan to vary it with a little wood-chopping or digging in the garden.

The breakfast should consist of a lean chop—not fried—dry toast, and plenty of watercress, and one cup of tea. The latter must not be taken too strong, and with as little milk and sugar as possible. Of course, in the case of a big man more meat may be given, but that is a matter solely for the trainer to decide; some men require more food than others, but great care must be taken not to overload the stomach.

After breakfast, a rest may be taken for half an hour or so, during which the papers may be read, and then the serious part of the day's work will commence. It is at all times advisable to indulge in plenty of reading, as it affords material for conversation during the long walks, and nothing helps a man along so well as a brisk discussion. For road work the clothing should vary according to the condition of the man. If he is very gross, heavy flannels must be donned, but if there is an absence of adipose tissue about him a light suit will be sufficient. Should he carry a lot of fat about the region of his chest and stomach, it is a good plan to pad those portions of his flannels until all the useless lumber has disappeared. As to the distance, any-

thing from eight to ten miles may be indulged in, the shorter to start with, as care must be taken at all times to avoid fatigue, which means loss of strength and energy. Never go over the same ground twice in succession, and if possible take a walk across fields or commons in preference to roads. When on the home stretch sprints should be indulged in, and the last 200 yards should always be negociated at a good speed, so that the man get into a thorough perspiration.

As soon as a man comes in from his walk he should be stripped and thoroughly dried with a Turkish towel, and then a bout of hand-rubbing with the palms should be resorted to. This latter is a very necessary part of the the programme, and by its means, and the use of dry, rough towels, men with hides as rough and tough as leather are soon turned out shining like thoroughbreds; it clears the pores of all impurities, and permits them to exercise their proper functions, which in many cases they have not done for months. Then comes a bath, cold in the summer and tepid in the winter. Rough towels should again be introduced, and a vigorous rubbing indulged in, followed up by more "palm oil," till the whole of the skin is in a glow and of a pinky colour, which will be the case after two or three applications. Before dressing, the man should be rubbed all over with alcohol until the skin becomes thoroughly dry and smooth.

By that time it will be near the dinner hour, and with regard to that important meal, the best thing is the ordinary diet of ordinary people, with one or two exceptions. As to meat, nothing beats mutton; it is the most easily digested of all, and should form the staple food of the athlete. Beef of course will be taken for a change, but it must be remembered that when it is consumed an extra quarter of an hour should be added to the resting period after the midday meal. Pork, veal, and such like foods must at all times be left severely alone. Roast or boiled fowl, and soles, if fancied, can be added to the list of permissible dishes.

Fresh vegetables, properly cooked, are an absolute necessity, indispensable to a normal and regular condition of the stomach. In the case of men who make flesh fast, potatoes must be abstained from, but an athlete can hardly eat too much spinach or turnip tops. Jellies and milk puddings, without which some people never think they have had a dinner, may also be given, rice and tapioca, however, should always have a few grocer's currants or raisins added. Perhaps it may not be out of place to mention here that all food should be masticated slowly and thoroughly. Bolting the food is not only injurious, but wasteful. When the teeth have thoroughly performed their function little anxiety need be felt for the stomach. With regard to the fluids to be taken, a very strict position must be maintained by the trainer. I have said that considerable latitude may be observed with regard to the quantity of meat a man may eat, but once allow any irregularity in the matter of drinking, and training becomes a farce. A good half-pint of bitter ale with the dinner is all that must be allowed, and it is better if the man can be persuaded to finish eating before he touches his beer. While on the subject of drinking, I may as well say a word or two on what is known as "training" thirst. In the early days of a man's preparation it is a formidable dragon to have to struggle with, but it can never be too often asserted that once attempt to allay it with draughts of fluid, of whatever nature, and the man might just as well leave off training at once. It may be allayed in a great measure by bathing the hands, arms, and head in cold water, although after the first week it should not trouble the man at all.

A rest of an hour after dinner should be taken, and then a move must be made to the gymnasium for indoor work. Start with a spell of the dumb-bells, which, except in the case of a very heavy man, should never be above 2 lbs. in weight. Grip them tightly, and indulge in a few simple exercises. Then take a turn at the skipping-rope, increasing the number of skips daily until 1,000 has been registered.

It is capital exercise, and tends to make a man quick with both hands and feet. A brief spell at Indian clubs may also be indulged in, while the wrist-machine is also very beneficial. The latter may be easily made in the following manner: Take an ordinary broom-handle and fix it horizontally in a pair of sockets about as high as the waist. Fix a weighted cord at one end of it, and there you have a wrist-machine complete. If it is possible to let the weight through a hole in the floor, so much the better. Turn the broom-handle slowly with both hands until the weight has been wound right up, and then slowly unwind again; it will greatly strengthen the wrists. Ball punching and sparring with someone who is fast at the work will follow, and then comes another rub down.

The hard work of the day is now over, and nothing remains but a little gentle exercise and supper. The latter should be light, consisting of a sole, some dry toast, and half a pint of ale, and should be partaken of about seven o'clock. A gentle stroll after that meal may be taken, and then the rest of the evening may be given over to reading, cards, billiards, or any other form of amusement favoured by the man who is training. A move towards the bedroom should be made about nine or half past. And now having described the routine of training, I shall wind up with a few remarks on how to handle a man in the ring.

Seconds and Seconding.

Seconding a man in a ring is quite an art, and the really first-class men who are qualified to fill this position can easily be counted on the fingers of one hand. By first-class is meant not only the man who knows how to place his principal at the mark after each round refreshed as much as possible in the brief interval allowed by the rules, but one who knows how and when to take advantage of any foul or technicality that may occur in the course of a fight.

A good second should be cool and level-headed above all things. Noisy seconds are often responsible for much of

the disorder which occurs at a ring-side during a contest, and I have never known a noisy man who was really a good second.

Every man should have three attendants, one of whom should remain outside the ring, while the other two should be inside the arena during the interval. The man on the outside is the only one who should do any talking, and while the men in the ring are fanning and sponging him down he should advise his principal. The advice should be as concise as possible, as a contestant is naturally excited, and apt to forget if he is crowded with instructions. One of the men in the ring should do nothing but fan his man with the towel while the other uses the sponge.

Directly a man comes to his corner the latter should sponge his face all over with clean, cold water, and gently wipe it dry with a soft towel; then a mouthful of lemon water should be given, but only as a rinse, and care must be taken that the whole of it is at once ejected. Just before going up for a round a good sniff from a smelling-bottle will be found beneficial. Brandy should be used very sparingly, and only when a man is badly used up. Remember always to treat your principal as gently as possible, and do not worry him too much—therein lies the real art in seconding.

In speaking to him, never raise your voice, but utter your words quietly, and without excitement. Make your instructions as few and as short as you possibly can, or he will be apt to forget all you have said in trying to remember too much. Pick out one particular weakness or opening of your man's opponent, and tell your principal this, and so on, round after round.

Hints On Sparring.

Always keep your eyes open when boxing, and do not bite your lips or put your tongue between your teeth, as you may meet with serious injury from this habit. Keep the mouth firmly shut—a blow on the jaw when hanging

loose may very easily dislocate it. Let the muscles of legs and arms work as easily and as loosely as possible. Avoid all cramped, artificial, and stiff postures, and when moving the feet lift them just high enough to clear the floor, but be careful never to drag them. Your movement should be of a gliding nature more than anything else.

When changing your position, always move the foot first which is the nearer to the direction in which you wish to move. Thus, if you want to work to the right, move your right foot first, and vice versâ; otherwise, you will get your legs crossed, which would be a fatal error.

It would be well for the beginner to practice moving about, in order to acquire facility in advancing, retreating, side-stepping, etc., etc. Don't take big steps when getting about, but short and quick ones, and always bring the other foot to its relative position.

In hitting, always make as much use of your weight as you possibly can, as a blow delivered only by the action of the muscles is not one quarter so effective as that which is driven home with the full weight of the body.

When hitting with the left hand swing from the hips and utilise your width of shoulder. This lengthens your reach and adds force to your blow.

Never lead off with the right, either at head or body, without first getting your adversary out of position by a left feint, or otherwise; and, even then, it is a risky thing. Always, therefore, lead with the left, and thus make the opening for the right.

Ambidexterity.

By this is meant the ability to hit or guard with right or left hand with equal facility. How many boxers at present before the public are only "one-handed fighters"! We have an instance of a man who, if he possessed two good hands, would have been Champion of England in his class. I refer to George Corfield, of Sheffield. His left is admirable, but his right nothing at all. I have

seen his three contests with Billy Plimmer, and I don't believe he ever got the right home once in any of the contests.

The learner should practise the use of both hands, not only for hitting, but also for guarding and stopping. A one-handed man is little use against a two-handed boxer, and it is this which, to a great extent, has enabled the Americans to score so decisively over us. They are wonderfully good double-handed fighters, and using, as they do, both hands for attack, and their feet for defence, they quite upset our one-handed men, who rely solely on the left or the right hand to win their battles.

Billy Plimmer is one of the best two-handed boxers I have ever seen, and the way he bothered George Dixon in their memorable bout was a treat to witness.

I have seen all Plimmer's fights in America, and have been forced to the conclusion that a good two-handed boxer of the English school can lick any man of his weight of the American school.

The trouble with us when meeting Americans has been that our men have not been good two-handed boxers. A good left and a fairly good right are not sufficient; to win against an American one must needs be ambidextrous.

Judging Distance.

This is one of the most difficult things to learn in the whole art of boxing. It is the very essence of the accomplished boxer, and he who can judge his distance with the greatest accuracy will surely become the champion of his class. It will be a long time before the learner knows with absolute certainty when he is within hitting distance or not; and it will take a longer time still before he is able to know whether he is going to hit his man as he is coming on or waste his blow on a retreating opponent. "Timing" your man—i.e., meeting an attacking foe with straight left hand and punishing and stopping the attack

at the same time—is one of the things which correct judgment of distance teaches us to do perfectly. The value of "timing" cannot be too highly estimated, as one blow given as the recipient advances is half a dozen times harder than one inflicted when he is standing still, and a dozen times harder than when he is in full retreat.

Judgment, Generalship, and Ringcraft,

By these are meant the methods, and not the skill, used in handling an opponent in the ring. For instance, a man would use judgment if, in boxing a shorter-armed and stronger individual than himself, he did not allow him to get to close quarters, where his superior strength would be utilised in half-arm work. His method should be to keep at out-fighting, and use his superior reach in stopping his rushes, and scoring with a long, straight left, using his feet to neutralise his opponent's attack.

By generalship is meant something akin to judgment, as drawing is to feinting, and the two can hardly be explained clearly, but can be learned only by experience in gloving.

An example or two may be given of generalship which will, perhaps, show pretty nearly what the term means. Let us suppose A and B are boxing, A being the heavier than B by a stone or more, but with only a right-hand punch, whilst B, though the lighter and weaker, is a good two-handed boxer.

The latter, if he used good generalship, would come away from A, and keep drawing his right hit, in lead or counter, in order to get him tired and his strength reduced by repeated misses, until he could "mix it up" with him, with at least an equal chance of success.

Billy Plimmer in his first fight with George Corfield displayed a splendid piece of generalship. Corfield kept breaking away to Plimmer's left in order to avoid the right. Having sent out his right two or three times, and missed through Corfield's clever footwork, Plimmer began to use his head and his generalship, and, feinting with the right,

he changed his feet—i.e., put his right foot first—and as Corfield broke to his (Plimmer's) left, he ran right into a clinking long-range left-hander, which placed him hors de combat.

By ringcraft we mean a sort of what I may call cunning; as pretending weakness or grogginess, or making hits with either hand which are without power, in order to induce your adversary to believe that he can take them without injury, and so get him within range of a telling or finishing stroke.

When Ware fought Plimmer the first time at the Olympic Club, Birmingham, he used ringcraft in hanging on and lying on and hugging Plimmer all he could in clinches, thus utilising his superior strength, and resting himself and wearing Plimmer out at the same time.

At boxing, fairly and cleverly, it was 10 to 1 against Ware, but by his ringcraft he wore Plimmer down, and gained a victory over a far cleverer boxer in nineteen rounds.

Knuckle-Fighting.

In the days of the Prize Ring the fighters were wont, when training, to subject their hands to a process of pickling in order to harden the skin and render their hands formidable weapons of defence, as well as to protect them from injury by contact with their opponent's head.

Nearly every trainer had his own pet formula, but the ingredients most generally used were vinegar, alum, and horseradish, the quantities being the "secret" of each trainer, every one having his own peculiar idea of how much of each went to make the perfect pickle.

Rings.

The full size of a ring is 24 ft. square, but the size varies in different clubs from 14 ft. to 20 ft. The average size of the rings throughout England can be taken at 18 ft.

I have never seen a 24 ft. boxing ring in England, but in America the Duval Club, the Olympic Club, New Orleans, and one or two others, have full-sized rings.

There are usually two ropes; the lower one two feet from the floor, and the upper one four feet. A very good plan was that in use at the Olympic Club, Birmingham, where a third rope, about five inches from the floor, effectually prevented the combatants from slipping under the ropes and the risk of a broken ankle or leg.

The National Sporting Club Rules run thus:

CONTESTS.

1. All contests to be decided in a roped ring not less than 14 ft. or more than 20 ft. square.

2. Contestants to box in light boots or shoes (without spikes) or in socks. The gloves to be of a minimum weight of 6 oz. each. Contestants to be medically examined before entering the ring, and to weigh on the day of the contest.

3. In all contests the number of rounds, which shall not exceed ten, shall be specified. No round shall exceed three minutes in duration. The interval between the rounds shall be one minute.

4. A contestant shall be entitled to the assistance of two seconds, whose names shall be submitted to the Committee for approval. The seconds shall leave the ring when time is called, and shall give no advice or assistance to the contestants during the progress of any round.

5. In all contests a referee and a timekeeper shall be appointed by the Committee. The referee shall award a maximum number of five marks at the end of each round to the better man, and a proportionate number to the other contestant, or, when equal, the maximum number to each.

If a contestant is down, he must get up unassisted within ten seconds, his opponent meanwhile shall retire out of striking distance, and shall not resume boxing until ordered to do so by the referee. A contestant failing to continue the contest at the expiration of ten seconds shall not be awarded any marks for that round, and the contest shall then terminate.

The referee shall decide all contests in favour of the contestant who obtains the greatest number of marks.

Marks shall be awarded for "attack," direct clean hits with the knuckle part of the glove of either hand on any part of the front or sides of the head, or body above the belt; "defence," guarding, slipping, ducking, or getting away. Where contestants are otherwise equal the majority of marks shall be given to the one who does most of the leading off or who displays the better style.

6. The referee shall have power to disqualify a contestant for any of the following acts: For hitting below the belt, for using the pivot blow, for hitting with the open glove, the inside or butt of the hand, or with the wrist or elbow. For holding, butting, shouldering, intentionally falling without receiving a blow, wrestling or roughing, or for any other act which he may deem foul. The referee shall also have power to stop the contest if in his opinion a contestant is outclassed or accidentally disabled.

7. If in the opinion of the referee a deliberate foul is committed by a contestant, such contestant shall not be entitled to any prize.

8. The breaking of any of these rules by a contestant or his seconds shall render such contestant liable to disqualification.

9. The referee shall decide (1) any question not provided for in these rules; (2) the interpretation of any of these rules.

COMPETITIONS.

1. All competitions to be decided in a roped ring not less than 14 ft. or more than 20 ft. square.

2. Competitors to box in light boots or shoes (without spikes) or in socks. The gloves to be of a minimum weight of 6 oz. each. Competitors to be medically examined before entering the ring, and to weigh on the day of the contest.

3. In all ordinary competitions the number of rounds to be contested shall be three. The duration of the first and second rounds shall be two minutes, and the third round three minutes. The interval between the rounds shall be one minute.

4. A competitor who draws a bye shall be bound to spar for the specified time with any opponent approved of by the judges and referee.

5. In all competitions a referee, two judges, and a time-keeper shall be appointed by the Committee. Bouts shall be decided by the judges and the referee, who shall be stationed apart. The judges shall award in competitions of three rounds, for the first and second a maximum of five marks, and for the third round a maximum of seven to the better man, and a pro-

portionate number to the other competitor, or, when equal, the maximum number to each. In special competitions of longer duration the maximum number of marks to be allotted shall be five for each round. At the end of each bout the judges' papers shall be collected by an official appointed for that purpose. In cases where the judges agree, such official shall announce the name of the winner; but in cases where the judges disagree, such official shall so inform the referee, who shall thereupon act according to Rule 6.

6. The referee shall have power to give his casting vote when the judges disagree, or he can order a further round limited to either two or three minutes. Two opinions must agree as to a winner, otherwise an extra round shall be ordered by the referee.

7. A competitor failing to continue the contest at the expiration of ten seconds shall not be awarded any marks for that round, and the bout shall then terminate.

The referee shall decide all bouts in favour of the competitor who obtains the greatest number of marks.

8. The decision of the judges or referee, as the case may be, shall be final, and without appeal.

9. Marks shall be awarded for "attack," direct clean hits with the knuckle part of the glove of either hand on any part of the front or sides of the head, or body above the belt; "defence," guarding, slipping, ducking, or getting away. Where competitors are otherwise equal, the majority of marks shall be given to the one who does most of the leading off, or who displays the better style.

10. The referee shall have power to disqualify a competitor for any of the following acts: For hitting below the belt, for using the pivot blow, for hitting with the open glove, the inside or butt of the hand, or with the wrist or elbow. For holding, butting, shouldering, intentionally falling without receiving a blow, wrestling or roughing, or for any other act he may deem foul. The referee shall also have power to stop the bout if in his opinion a competitor is outclassed or accidentally disabled.

11. If in the opinion of the referee a deliberate foul is committed by a competitor, such competitor shall not be entitled to any prize.

12. The breaking of any of these rules by such competitor or his seconds shall render a competitor liable to disqualification.

13. The judges and referee shall decide (1) any question not provided for in these rules; (2) the interpretation of any of these rules.

The Queensberry Rules for the Regulation of Boxing Contests are as under:

1.—The ring shall be roped, and 24 ft. square.

2.—Competitors to box in light boots or shoes (without spikes), or in socks, with knickerbockers, breeches, or trousers, and wear jerseys.

3.—The result shall be decided by two judges, with a referee, or by a referee only.

4.—The number of rounds to be contested shall be three. The duration of the first two rounds shall be 3 min., and of the final round 4 min., and the interval between each round shall be 1 min.

5.—Any competitor failing to come up when "Time!" is called shall lose the bout.

6.—Where a competitor draws a bye, he shall be bound to spar such bye for the specified time, and with such opponent as the judges or referee may approve.

7.—Each competitor shall be entitled to the assistance of one attendant only, and no advice or coaching shall be given to any competitor by his second, or by any other person, during the progress of any round.

8.—The referee shall have power to give his casting vote when the judges disagree, or to stop the contest in either the second or third round in the event of it being very one-sided; and he can further order a fourth round, limited to two minutes, in the event of the judges disagreeing.

9.—That the decision of the judges or referee, as the case may be, shall be final, and without appeal.

10.—The referee may, after cautioning the offender, disqualify a competitor who is boxing unfairly by flicking or hitting with the open glove, by hitting with the inside or butt of the hand, the wrist, or elbow, or by wrestling, or roughing at the ropes.

11.—In the event of any questions arising not provided for in these rules, the referee to have full power to decide such question, and his decision to be final.

CONTESTS FOR ENDURANCE.

To be a fair stand-up boxing match, in a 24 ft. ring, or as near that size as practicable; no wrestling, hugging, or hanging on allowed; should a clinch occur, the men to break away im-

mediately, and neither man must deliver a blow without having both hands free; the rounds to be of three (or two) minutes' duration, as may be agreed upon beforehand, with one minute time between each round; if either man fall through weakness or otherwise he must get up unassisted; his opponent meanwhile must not stand over him, but step back out of distance. So soon, however, as the fallen man is on his legs again, his opponent can advance to the attack and continue the onslaught until the round is ended. Should the man fail to rise within ten seconds, the referee to declare his opponent the winner. No seconds or any other person to be allowed in the ring during the rounds; should the contest be stopped by any unavoidable interference, the referee to name time and place for finishing the contest as soon as possible; the match must be fought to a finish, unless the backers of both men agree to draw the stakes. The gloves to be fair-sized boxing gloves of the best quality, and new; these, on no account, to be tampered with by the seconds or anyone else. Should a glove burst or come off, it must be replaced to the referee's satisfaction. A man on one knee is considered down, and if struck in this position is entitled to the stakes. No shoes or boots with spriggs allowed. The referee has power, in the event of a man being weak and hopelessly beaten, to stop the contest and declare his opponent the winner.

The New Adelphi Club Rules, framed by Mr. Izzy Abrahams (and by his kind permission here reproduced), are as follow:

1.—In all open competitions the number of rounds to be contested shall be three. The duration of the rounds shall be either two or three minutes, according to the discretion of the Judges and Referee, and be declared before the commencement of the competition. The interval between each round shall be one minute.

2.—When a competitor draws a bye, he must spar it for the specified time, and with an opponent approved of by the Judges.

3.—In all competitions and glove contests the result shall be decided by two Judges and the Referee, or by Referee only, stationed apart. At the end of each bout the Judges' papers will be collected by an official. In case the Judges agree such official shall declare the winner, but if they disagree the Referee shall himself decide, and if necessary order a further round of two minutes.

4.—In all competitions and contests full consideration must be given by the Judges and Referee to the following:— In calculating points the "Attack," hits straight from the shoulders with the knuckles of the left hand on any part of the body above the belt. Same remark applies to the right hand, which of course is differently used. "Defence": credit to be given for guarding, slipping, cleverness in getting out of danger, style, attitude, position of hands when delivering a blow. Mild hitting or tapping, if in the judgment of the officials performed cleverly with gloves shut, will entitle the competitor to more credit than a clumsily-delivered blow, no matter how hard in its effect. In other words, "Science" to count rather than hard hitting, which is only necessary in prize fighting, and not encouraged by "New" Adelphi Club Rules. Rounds, no matter how numerous, to be governed by skill and not brute strength, whilst harem-scarem hitting will count for little.

5.—If a competitor falls, his opponent must retire to his corner, and remain there until the fallen man rises and is in a position to defend himself. Providing he does not retire to his corner, his opponent may remain on the ground until he does.

6.—Ten seconds is the limit to the time a man is allowed to remain on the ground.

7.—Boxing on the ropes not allowed; when forced to the ropes the men must cease boxing and take the centre of the ring.

8.—If the Judges or Referee consider at the end of the third round, or after an extra round has been ordered, that the men are equally matched, they will be justified in giving their verdict to the man who has done most of the leading.

9.—A man on one knee is down, and if struck he can claim a verdict and disqualification of his opponent.

10.—The Referee shall have power to stop the round, if in his opinion a man is unfit to continue, and that man shall be deemed to have lost the bout.

11.—The Referee may disqualify a competitor for delivering a foul blow, whether intentionally or otherwise. After cautioning the offender, he may also disqualify any competitor who is boxing unfairly, by flicking or hitting with the open glove, by hitting with the inside or "butt" of the hand, the wrist, elbow, or by wrestling or roughing.

12.—The "Kidney Punch" will not be permitted, and if after a caution a boxer continues to use it, he will be disqualified. The front of the body above the belt and the head are the points of attack.

13.—The pivot blow, though not foul if fairly administered, is so difficult to define, that competitors are cautioned against the use of it.

14.—In all competitions and contests, any competitor failing to come up when time is called, shall lose the bout.

15.—All competitors must undergo an examination by a medical man before entering the ring, as to his physical condition, and if pronounced fit may enter into the competition or contest for which he has been engaged.

16.—The decision of the Judges or Referee, as the case may be, shall be final and without appeal.

17.—In the event of any question arising not provided for in these Rules, the Judges and Referee shall have full power to decide such question or interpretation of Rule.

18.—In the event of any dispute arising, the competitor agrees not to appeal to any Court of Law, or bring any action against the officials or Committee of the Club, but accept the decision of the Referee as final.

The new Rules of the London Prize Ring, as revised by the Pugilistic Association in 1853, were as follows:

1.—The ring shall be made on turf, and shall be four-and-twenty feet square, formed of eight stakes and ropes, the latter extending in double lines, the uppermost line being four feet from the ground, and the lower two feet from the ground. In the centre of the ring a mark be formed, to be termed a scratch.

2.—Each man shall be attended to the ring by two seconds and a bottle-holder. The combatants, on shaking hands, shall retire until the seconds of each have tossed for choice of position, which adjusted, the winner shall choose his corner according to the state of the wind or sun, and conduct his man thereto; the loser taking the opposite diagonal corner.

3.—Each man shall be provided with a handkerchief of a colour suitable to his own fancy, and the seconds shall entwine these handkerchiefs at the upper end of one of the centre stakes. These handkerchiefs shall be called "Colours," and the winner of the battle at its conclusion shall be entitled to their possession as the trophy of victory.

4.—The two umpires shall be chosen by the seconds or backers to watch the progress of the battle, and take exception to any breach of the rules hereinafter stated. A

referee shall be chosen by the umpires, unless otherwise agreed on, to whom all disputes shall be referred; and the decision of this referee, whatever it may be, shall be final and strictly binding on all parties, whether as to the matter in dispute or the issue of the battle. The referee shall be provided with a watch for the purpose of calling time; the call of that referee only to be attended to, and no other person whatever shall interfere in calling time. The referee shall withhold all opinion till appealed to by the umpires, and the umpires strictly abide by his decision without dispute.

5.—On the men being stripped it shall be the duty of the seconds to examine their drawers, and if any objection arises as to the insertion of improper substances therein, they shall appeal to their umpires, who, with the concurrence of the referee, shall direct what alterations shall be made.

6.—The spikes in the fighting boots shall be confined to three in number, which shall not exceed three-eights of an inch from the sole of the boot, and shall not be less than one-eighth of an inch broad at the point; two to be placed in the broadest part of the sole and one in the heel; and in the event of a man wearing any other spikes, either in toes or elsewhere, he shall be compelled either to remove them or provide other boots properly spiked, the penalty for refusal to be a loss of the stakes.

7.—Both men being ready, each shall be conducted to that side of the scratch next his corner previously chosen; and the seconds on the one side and the men on the other, having shaken hands, the former shall immediately leave the ring, and there remain until the round be finished, on no pretence whatever approaching their principals during the round, without permission from the referee. The penalty to be the loss of the battle to the offending parties.

8.—At the conclusion of the round when one or both of the men shall be down, the seconds shall step into the ring and carry or conduct their principal to his corner, there affording him the necessary assistance, and no person whatever be permitted to interfere in this duty.

9.—On the expiration of thirty seconds the referee appointed shall cry "Time," upon which each man shall rise from the knee of his second and walk to his own side of the scratch unaided; the seconds immediately leaving the ring. The penalty for either of them remaining eight seconds after the call of time to be the loss of the battle to his principal;

and either man failing to be at the scratch within eight seconds shall be deemed to have lost the battle.

10.—On no consideration whatever shall any person except the seconds and the referee be permitted to enter the ring during the battle; nor till it shall have been concluded; and in the event of such unfair practice, or the ropes or stakes being disturbed or removed, it shall be in the power of the referee to award the victory to that man, who, in his honest opinion, shall have the best of the contest.

11.—The seconds shall not interfere, advise or direct the adversary of their principal, and shall refrain from all offensive and irritating expressions, in all respects conducting themselves with order and decorum, and confine themselves to the diligent and careful discharge of their duties to their principals.

12.—In picking up their men, should the seconds wilfully injure the antagonist of their principal, the latter shall be deemed to have forfeited the battle on the decision of the referee.

13.—It shall be a fair "stand-up fight," and if either man shall wilfully throw himself down without receiving a blow, whether blows shall have been previously exchanged or not, he shall be deemed to have lost the battle; but this rule shall not apply to a man who in a close slips down from the grasp of his opponent to avoid punishment, or from obvious accident or weakness.

14.—Butting with the head shall be deemed foul, and the party resorting to this practice shall be deemed to have lost the battle.

15.—A blow struck when a man is thrown or down shall be deemed foul. A man with one knee and one hand on the ground, or with both knees on the ground, shall be deemed down; and a blow given in either of these positions shall be considered foul, providing always that, when in such position, the man so down shall not himself strike, or attempt to strike.

16.—A blow struck below the waistband shall be deemed foul, and in a close, seizing an antagonist below the waist by the thigh or otherwise, shall be deemed foul.

17.—All attempts to inflict injury by gouging, or tearing the flesh with the fingers or nails, and biting shall be deemed foul.

18.—Kicking, or deliberately falling on an antagonist with the knees or otherwise when down, shall be deemed foul.

19.—All bets shall be paid as the battle money after the fight is awarded.

20.—The referee and umpires shall take their positions in front of the centre stake outside the ropes.

21.—Due notice shall be given by the stake-holder of the day and place where the battle money is to be given up, and be exonerated from all responsibility upon obeying the direction of the referee; all parties be strictly bound by these rules, and in future all articles of agreement for a contest be entered into with a strict and willing adherence to the letter and spirit of these rules.

22.—In the event of magisterial or other interference, or in case of darkness coming on, the referee (or stake-holder in case no referee has been chosen) shall have the power to name the time and place for the next meeting, if possible on the same day, or as soon after as may be. In naming the second or third place the nearest spot shall be selected to the original place of fighting where there is a chance of its being fought out.

23.—Should the fight not be decided on the day all bets shall be drawn, unless the fight shall be resumed the same week, between Sunday and Sunday, in which case the referee's duties shall continue, and the bets shall stand and be decided by the event. The battle money shall remain in the hands of the stakeholder until fairly won or lost by a fight, unless a draw be mutually agreed upon, or, in case of a postponement, one of the principals shall be absent, when the man in the ring shall be awarded the stakes.

24.—Any pugilist voluntarily quitting the ring previous to the deliberate judgment of the referee being obtained shall be deemed to have lost the fight.

25.—On an objection being made by the seconds or umpires, the men shall retire to their corners, and there remain until the decision of the appointed authorities shall be obtained; if pronounced "foul" the battle shall be at an end, but if "fair," time shall be called by the party appointed, and the man absent from the scratch in eight seconds after shall be deemed to have lost the fight. The decision in all cases to be given promptly and irrevocably, for which purpose the umpires and the referee should be invariably close together.

26.—If a man leaves the ring, either to escape punishment or for any other purpose, without the permission of the referee, unless he in involuntarily forced out, he shall forfeit the battle.

27.—The use of hard substances, such as stones or sticks, or of resin in the hand during the battle shall be deemed foul, and on the requisition of the seconds of either man, the accused shall open his hands for the examination of the referee.

28.—Hugging on the ropes shall be deemed foul. A man held by the neck against the stakes or upon or against the ropes shall be considered down, and all interference with him in that position shall be foul. If a man in any way makes use of the ropes or stakes to aid him in squeezing his adversary he shall be deemed the loser of the battle, and if a man in a close reaches the ground with his knees, his adversary shall immediately loose him or lose the battle.

29.—All glove or room fights to be as nearly as possible in conformity with foregoing rules.

Refereeing and Judging.

The duties of a referee and judges in a competition are not so onerous as those of a referee in a contest, inasmuch as in the former case the onus is divided amongst three, whilst in the latter case one man has to decide everything, and to stand or fall by his decision.

In a competition, if the judges disagree, the referee merely has to agree with one of them, and how the decision was arrived at, whether by unanimity of the judges or the casting vote of the referee need not be made public. Of course, in most cases it *is* made public, but where there is danger of a "corner," and the referee is apt from "nerves" to give an unjust decision, it is better to let the M.C. only be the confidant of the referee.

It may be argued that a man with "nerves" has no right to be appointed referee, and this I cannot contradict, but the fact remains that such men frequently *are* appointed to the onerous but thankless position of arbitrator. And this brings us to the first of the attributes of a referee. He should be a man of indomitable courage, and prepared to give what is in his opinion a just decision, in spite of anything and everything, and absolutely "without fear or favour." He should be able to collect and marshal his ideas and opinions as the contest progresses, and be able to give a decision at any

stage of the proceedings. He must not be disturbed or become excited by the shoutings of the partisans of the principals; nor by any appeal of "foul" or any other appeal for his interference.

A complete and thorough knowledge of the Marquis of Queensberry's Rules, or of whatever rules the men are boxing under, is, of course, an absolute necessity. There are many things of minor importance which are not absolutely fair, but which are not distinctly specified in any rules. For instance, a referee should watch carefully that when a man ducks a left lead by throwing his head and body towards his opponent he does not use his shoulder as a sort of battering-ram to knock the wind out of, or to fracture the ribs of, his oncoming adversary. Many other little things must be carefully watched: the palm of the hand placed across a man's mouth and nostrils—the poking of a finger or thumb in a man's eye—wrenching the head violently back with the hand in a clinch—driving the elbow or forearm into a man's throat as he advances or whilst in holds—these and similar matters require careful looking after, and, when observed, immediate and forcible cautioning.

Hitting *alone* must not be taken into consideration. Of course, clean hits with the knuckles anywhere above the belt always count well, but one must also take into consideration defence as well as attack, and must observe and give credit for guarding, ducking, slipping, side-stepping, timing, foot-work, judgment, generalship, and ring-craft. All these things must be carefully watched and credit given in proportion to the excellence shown in each and all of them to and by the principals. On the other hand, a man may excel in one particular branch and be wofully deficient in another, and his opponent might likewise be a veritable fool as regards generalship, say, and very good at foot-work, which would equalise matters as far as two of the qualifications are concerned; and so on with regard to the other matters.

I was once told by Mr. John P. Eckhardt, the official Referee of the old Coney Island Athletic Club, that he

thought the duty of a referee was not only to see fouls and decide on them, but, if possible, to prevent them. I thought this a very wise remark, because nothing is more unsatisfactory to winner, loser, and spectators alike than to have a battle so decided. A man may from constitutional defect so utterly lose control of himself in his over-anxiety to secure a victory when he has his opponent dazed and down that he may, quite without "malice aforethought," commit a foul, and merit disqualification. If the man could but control himself, keep at a proper distance from his fallen foe, and allow him to resume the perpendicular, he could, no doubt, gain an easy and safe victory, because his adversary would not be physically able, from the effects of the dazing punch, to successfully defend himself. In such a case it would clearly be the duty of the referee to enter the ring and stand between the excited one and the man on the floor, and prevent the former from violating the rules. In an event like this it is not much use of the referee trying to make himself heard by anybody in the ring amid the babel of voices which ever accompanies a *coup* of this kind. No. 4 Queensberry Rule says that the man who is on his feet must return to his corner whilst his opponent is on the floor and until he is on his feet; but it would be very hard lines to disqualify a man merely because he refused or neglected to return to his corner. But a referee would have the power to disqualify him for a breach of this or of any other of the rules, and in this case also it would certainly be the referee's duty to prevent the possibility of a foul by entering the ring and compelling the man to stand well away. A boxer might, by a quibble, claim the right to stand over his man when the latter was down, as, for instance, if A. and B. were boxing, and A., by feinting and foot-work and generalship worked B. into his (A.'s) corner and there knocked him down, he (A.) could claim to stand over him, inasmuch as A. would be in his own corner, according to Rule 4. I take it that a referee should be ever ready to

jump into the ring at the slightest danger of a foul, or where there is a possibility of one occurring.

A trick which wants close watching and prompt suppression is that of a losing man trying to lead his adversary into committing a foul by striking his opponent when down, and for this purpose he (the losing man) will, when rising to resume, immediately drop as his opponent comes towards him, or delivers a blow which will probably reach him when he is on the floor. In such a case, if a claim for foul is made for being struck while down, a counter-claim might very properly be made (but not by the referee, of course) for going down without a blow, and in case disqualification ensued it should certainly be on the counter-claim. Usually, though, the boxer who tries this trick goes down so artfully as to give it the appearance of a slip, and it is to one of this kind that prompt suppression is necessary.

Generalship or judgment do not appear to be appreciated or recognised by some referees of the present day, who give their verdict to the one who has done the forcing, irrespective of punishment received and failed to have been given. It would obviously be unfair if Tom Brown, who weighed 9 st. 6 lb. and stood 5 ft. 6 in., were given a verdict over Dick Green, who weighed 9 st. 3 lb. and stood 5 ft. 9 in., merely because the latter refused to mix it with his shorter and stronger adversary. It would clearly be Brown's policy to force the work and get to close quarters, where his shorter reach could be utilised and his opponent's length neutralised; and Green's judgment would tell him to keep at long range, hit and get away, and make the most of his superior height and length of arm. In this case Brown would undoubtedly do all the forcing and Green the major portion by far of the scoring, and should certainly receive the verdict, though scarcely able to stand at the end of the allotted number of rounds.

It must always be borne in mind by a referee that his decision must be based on the work done in the number of rounds agreed on by the combatants, and though in a ten-

round contest B. would be a winner on points, there might be no doubt in the referee's mind that A. would certainly knock his man out in twelve rounds, the verdict must of necessity go to B., as he has won on points.

It is only by close attention, careful watching, with a thorough theoretical and practical knowledge of the game, combined with readiness of resource, keen perception, coolness, and absolute fearlessness, that the typical referee can be made.

In judging a competition the judges leave all the talking, cautioning, etc., to the referee. Their sole duty is to watch the boxing closely, and at the end of the bout to write on paper provided for the purpose the name of the man who, in their opinion, is the winner. Of course, they never enter the ring, but sit one on each side thereof, and score the boxers' points. A good way of scoring is to take five as a maximum number, and give to each at the end of every round the number of points he has scored up to five. Thus, in Round 1 A. might score 5 points, and B. would only score 3. In Round 2 A. would score 4 points, but getting weaker from exertion, B. would be enabled to score 4. In the third round A., not having fully recovered from his weakness, and B. being of sturdy physique, the former was but able to acquire 2 points, whilst B., fighting fast and being all over his man, made a total of 5, the result being: A., 5, 4, 2—11; B., 3, 4, 5—12, B. thus winning by 1 point. There are many other ways of scoring, which the experience of the referee will speedily teach him.

First Aid in the Ring.

Every sport which requires a certain amount of pluck and manly fortitude in its devotees, is sure to have a number of opponents whose delight it is to draw pictures of terrible mutilations the result of following that sport; and boxing is no exception to the rule. We think little of an Englishman who declines to play cricket on the sole ground that once Spofforth accidentally killed a man when bowling to-

wards him; the "humanitarians" who tell us that football brutalises the nation are received with sneers, yet many of those who uphold these two pastimes consider that boxing, the oldest of all sports, is dangerous.

Of course, accidents will happen in every sport which calls for endurance, but the accidents which take place in the Ring are neither so frequent nor so serious as opponents of "the noble art" attempt to make out. The more severe of the accidents mentioned below are of extremely rare occurrence, and I have only mentioned them in order that should any of my readers witness them they may be able to save the victim unnecessary suffering.

Undoubtedly, the commonest of all injuries to the head received within the stakes and ropes is concussion of the brain. I fancy I hear an indignant protest from all boxers; but still that is the fact. The result of the "knock-out" blow is nothing less than temporary concussion of the brain; it may last less than ten seconds, it may last a few minutes, but in some cases it does not pass off so quickly, and the knocked-out one requires the attention of a medical man.

The symptoms are so familiar to the boxer that they need no detailing; let it be remembered, however, that if a man is knocked out and does not recover in four or five minutes, it is well to call in medical aid. While waiting for the doctor, keep the patient lying flat on his back, with a cloth wrung out in cold water on the top of his head, fan him gently, and allow no one to crowd around him. Under no circumstances give him alcohol in any form whatsoever—more harm is done by brandy and such-like beverages being administered without skilled advice than the layman has any idea of. If the doctor is long in coming and the patient shows any signs of choking, force open his teeth with the handle of a knife, grasp his tongue with a towel—it will slip away from the bare fingers—and pull it well forward, to prevent it falling to the back of the throat and suffocating the man.

If a man is seen to fall heavily in a sitting posture and a few minutes afterwards to lose consciousness, his case is probably serious. Examine his eyes; if the pupil does not contract when a light is placed in front of the eyes, nor dilate when it is removed, and if, further, there is a little blood oozing from the ears, nose, or mouth, you may suspect that the boxer has fractured the base of his skull and that his chances of recovery are small. Nothing whatever can be done by laymen. Leave the man lying on his back in the ring, with cold applications to his head and plenty of fresh air, until skilled assistance arrives. Make no attempt to move him, and avoid alcohol as you would avoid poison.

Fracture of the vault of the cranium, or upper part of the skull, is very rare, and can only result from a fall against the posts. The injury itself is not very dangerous, but concussion of the brain usually accompanies it, and the notes on that injury will suffice until the doctor arrives.

A broken jaw is more serious. Many pugilists have continued to fight after the jaw has been fractured. However much we may admire their pluck, they are unwise in doing so, for every jar is apt to splinter the fractured ends of the bone and make recovery a tedious matter. As soon as the victim will accept assistance, place him in a sitting posture, see that the teeth are as nearly as possible in their normal position, but in doing so use no force. Fold a newspaper so as to make a fairly stiff splint, and place it down the injured side of the face and double it under the chin. Then tie a large handkerchief—the boxer's colours will answer admirably—round the splint and jaw, fastening it at the top of the head, and taking care that the chin is retained rigidly in position. Despatch the owner of the jaw to the nearest hospital in a cab. The injury is easily recognised by the distortion of the face and by the peculiar grating sound which can be heard if the jaw is moved gently.

A broken arm usually puts the combatant hors de combat at once, though there have been boxers—for instance, Tom Sayers and Greenfield—who have continued the fight. There

is little difficulty in diagnosing the condition, as it is usually most apparent, the contraction of the muscles pulling the bone out of position in a twinkling. The only thing to be done in the way of first aid is to place the injured limb as nearly as possible in its proper position, being *most careful to use no force*, lest you should injure the flesh with the sharp ends of the broken bone; make a splint of a couple of newspapers, two or three walking sticks or any firm substance, pad the splint with handkerchiefs or mufflers, and fasten it to the limb, so as to keep the broken parts immovable. Then off to the nearest doctor. A word of caution: never attempt to set a broken bone unless you are a skilled surgeon, nor attempt to reduce a dislocation, for you are very liable to mistake a dislocation for a fracture near the joint, and vice versâ, and may do untold damage in your attempts to relieve the sufferer. There is one exception to this rule, which will be spoken of later.

A broken collar-bone is usually caused by a person attempting to save himself when falling by stretching out his hand, and pitching with his weight on the palm thereof. It can be recognised by the droop of the shoulder and by the distortion of the little bone, as well as by the "crepitus"—or grating sound—when the arm is moved. Treatment: Bind the upper part of the arm firmly to the body down the side, and send off to the doctor. Three weeks will usually see the man recover.

The English Ring can barely record a case of broken leg, but on the Continent, where "la savate" is practised, it is not so rare. It can only result from a slip followed by an ugly fall, or by a man falling with one leg doubled up underneath him. Of course, he cannot continue boxing. The treatment and diagnosis will be the same as for a broken arm, only, of course, stiffer splints will be required; umbrellas are often good temporary splints, and require little padding, while they have plenty of surface to give support. In carrying a man with a broken leg all the bearers should

walk out of step—there will be less jolting, and the ends of the bone will not be injured.

Fractures through the small bones of the wrist and ankle —known as Pott's and Colles' fractures—are difficult to diagnose. The sudden loss of power, accompanied by acute pain, must be your only guide. When you suspect an injury of this kind, fix the part with a splint, and leave the rest of the treatment to the medicos. These injuries are very troublesome, and often lead to complications which may necessitate surgical interference, followed by a long period of rest.

A far more common accident is fracture of one or more ribs. It is, perhaps, needless to say that this is the direct result of a blow, but at the same time it must not be inferred that any brutal force is used by the boxer who may have the misfortune to break his opponent's ribs. The bones which enclose the chest are more brittle in some persons than in others, and a blow which one would hardly feel might do serious damage to another.

Apart from the sound which almost invariably accompanies the breaking of a rib, there is not much outside evidence for the unmedical observer to go upon; the victim, however, knows very well if he has sustained a fracture, and in this case he is really the most reliable witness.

Though many fighters make light of a broken rib, and continue the contest as if such an accident has never happened, medical men are firm in their belief that grave risk is run by so doing. The chief danger from such an injury arises from the broken bone penetrating the pleura, or thin membrane enclosing the lungs, etc., and it requires no Solon to understand how easily that might be brought about by a second heavy blow on the fractured rib. More than this, the ribs are mutually supporting, and when once one is broken, less force is required to smash the next.

Absolute rest, with a broad bandage firmly bound round the body, is all that can be done without the advice of a surgeon. A broken bone usually causes a certain amount

of inflammation, and therefore the patient would do well to keep out of draughts as much as possible until he is able to get into his bed under the care of his usual medical attendant.

Broken fingers and toes require no comment, for they can well await the proper ministrations of the medico, nor does a broken back or neck, for luckily these injuries are unlikely to occur in the Ring, and, if they did, nothing could be done in the way of first aid. So much, then, for direct injuries to the bones.

The joints have a reputation for getting out of order with wonderful facility, and though the Ring does not afford such a scope for their vagaries as the football field, still very troublesome injuries may be sustained within the ropes. Dislocations, which are often known as bones being "out of joint," are often more serious matters than clean fractures, and, as I have said above, no one should attempt to reduce the dislocation, or put the bone back, unless he has had some experience in that branch of surgical practice.

The one exception to this rule is the case of a dislocated jaw, when the pressure of the ends of the jaw bone on the soft parts between the joint and the ear may cause excruciating pain, and even be attended with alarming symptoms. A dislocated jaw is fixed, and is usually open.

The method of reducing the injury is not very difficult, but requires a little perseverance. Place your patient in a chair at a convenient height, and get a friend to hold his head. Wrap a towel round the thumb of each hand to protect it, and place your thumbs on the last back teeth—the wisdom teeth. With a sort of twist of the wrist you press down the back part of the jaw with your thumbs, while supporting the chin and slightly drawing it upwards with your fingers. The pressure must be sustained for a short time, when the muscles will yield and the jaw slip back into its socket. The jaw will be fearfully stiff and painful for some time afterwards. This little operation

should only be attempted if the patient is in great distress and the nearest doctor some distance away.

Other dislocations, which are readily "spotted" by the displaced position of the bone, should be firmly fixed until a medical man can be summoned, which should be done at once, as the longer a bone is out of place the harder it is to remedy the evil.

Sprains and strains which are the result of wrenching a tendon or ligament do not normally require the attention of a professional man. Cold water, mixed with vinegar, used freely, with bandages to support the part, will usually effect the desired cure in a comparatively short time. A sprained knee, even if not painful at first, may, however, develop the well-known symptoms of "water on the knee," and should be seen to in its earliest stages. Painting the part with tincture of iodine and well bandaging the joint, accompanied by complete rest, is the only real cure, and it is a very tedious one.

The only injury to the soft internal parts which is likely to take place in the English Ring is a serious bruise, sometimes a rupture of the kidney, the result of the telling "kidney punch." As the symptoms of this disorder do not develop immediately there is no need for first aid, but it is as well to remind our boxing readers that if there is any passage of blood with the urine a doctor should be consulted without a moment's delay.

A battle has raged round the question as to whether hot or cold water should be applied to bruises, and therefore I leave each recipient thereof to choose for himself. If hot fomentations are used, the addition of a little tincture of opium will often allay the pain if it is great. So will painting with belladonna. The addition of arnica, vinegar, or ammonia to cold water will frequently also give relief.

There is only one sequel to be feared from a bad bruise, and that is a deep-seated abscess. If the pain in the part steadily increases and becomes of a burning and sometimes

of a throbbing nature, then the advice of a surgeon should be obtained.

You will notice that I have said nothing about heart diseases. The reason is this: People with weak hearts have no business in the Ring any more than they have on the football field. It is, at the outset, highly improbable that anyone affected with any of the diseases of the heart which are at all dangerous could survive the training without showing dangerous symptoms, and certainly his first encounter would be his last. Boxing is a healthy sport for healthy men, and the weaklings have no more right to make boxing their hobby than a blind man has to practise revolver shooting.

In conclusion, let me again urge on our readers that because many injuries appear in the above short guide to first aid, it in no wise follows that any of them will result from one or ten boxing contests. Forewarned is forearmed, and the moment might crop up when the cry is "What is to be done?" and to answer that cry is our sole purpose in adding this little touch of the sad side of the "Noble Art." Boxers are not cowards, and need not fear to look the truth in the face.

Printed and Published by HAROLD FURNISS, at Caxton House, Gough Square, Fleet Street, London.